

Indian Chicken Curry I

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-dry-chicken-curry-recipe>

Ingredients:

- 8 bone-in chicken breast halves skinless
- pepper
- salt
- 1 tablespoon olive oil
- 2 onions peeled and quartered
- 1 teaspoon fresh ginger root finely chopped
- 1 teaspoon crushed garlic
- 1 tablespoon Madras curry powder
- 15 ounces tomato sauce
- 10 ounces coconut milk
- 4 whole cloves
- 4 cardamom pods
- 1 cinnamon stick
- salt to taste

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 21 grams
3. Fat: 16 grams
4. Fiber: 6 grams
5. Protein: 4 grams
6. SaturatedFat: 11 grams
7. Sodium: 560 milligrams
8. Sugar: 9 grams

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