

Indian Spiced Drumsticks

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-chicken-drumsticks-recipe>

Ingredients:

- 1 1/2 cups Mountain High Yoghurt Original Style
- 2 tablespoons honey
- 1 tablespoon curry powder
- 1 tablespoon paprika
- 2 teaspoons turmeric
- 2 teaspoons ground coriander
- 2 teaspoons salt
- 1/2 teaspoon cumin
- 1/2 teaspoon canela
- 1/2 teaspoon black pepper
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cardamom
- 1/8 teaspoon cayenne pepper
- 12 chicken drumsticks

Nutrition:

1. Calories: 800 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 320 milligrams
4. Fat: 48 grams
5. Fiber: 2 grams
6. Protein: 70 grams
7. SaturatedFat: 13 grams
8. Sodium: 1510 milligrams
9. Sugar: 13 grams

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