

Indian Chicken Curry

Yield: 4 min
Total Time: 75 min

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

Ingredients:

- 2 1/2 chicken
- 2 onion
- 2 teaspoons ginger paste
- 1 tablespoon garlic paste
- 4 tomato
- 1 tablespoon tomato paste
- 1/2 teaspoon turmeric powder
- 1 tablespoon coriander powder
- 1/2 teaspoon paprika
- 1 bay leaf
- 1 cinnamon stick
- 1 teaspoon salt
- 4 tablespoons vegetable
- 1 juice
- 1/4 cup cilantro optional
- 1 slice jalapeno optional
- 3 cups hot water to be used in cooking at different stages.
- 1 teaspoon cumin seeds
- 1/2 teaspoon coriander seeds
- cardamom pods green – 2
- 8 black peppercorns
- 4 cloves

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 375 milligrams
4. Fat: 18 grams
5. Fiber: 4 grams

6. Protein: 119 grams
7. SaturatedFat: 6 grams
8. Sodium: 1100 milligrams
9. Sugar: 12 grams

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