

Chicken Karahi

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-karahi-recipe>

Ingredients:

- 1 kilogram chicken
- 1 cup yogurt
- 1 teaspoon red chili powder
- 1 1/2 teaspoons salt
- 1/2 teaspoon turmeric
- 2 teaspoons cumin seeds
- 1/2 cup oil
- 1 teaspoon coriander
- 4 green cardamom
- 4 cloves
- 1 cup onions
- 1 tablespoon garlic paste
- 3 tomatoes
- 3 green chilies
- Garam Masala powder 1 tsp
- coriander leaves hand full off, chopped
- ginger for garnish, optional

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 170 milligrams
4. Fat: 38 grams
5. Fiber: 3 grams
6. Protein: 54 grams
7. SaturatedFat: 6 grams
8. Sodium: 1110 milligrams
9. Sugar: 9 grams

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