

# Keto Chicken 65

Yield: 3 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-pork-chicken-65-recipe>

## Ingredients:

- 1 pound chicken leg Boneless, and Thigh Meat
- 5 1/4 tablespoons greek yogurt Full Fat
- 2 teaspoons ginger garlic paste
- 1/2 tablespoon vinegar
- 3 red chillies Dried
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon mustard seeds
- 2 teaspoons curry leaves
- 1 egg
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 teaspoons red chilly powder Kashmiri
- 1 teaspoon coriander powder
- 1/2 teaspoon garam masala powder
- 3 tablespoons psyllium husk I use this
- 1 tablespoon ghee

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 200 milligrams
4. Fat: 25 grams
5. Fiber: 2 grams
6. Protein: 32 grams
7. SaturatedFat: 6 grams
8. Sodium: 960 milligrams
9. Sugar: 2 grams

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