

Indian Spice Rubbed Chicken Thighs

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 4 chicken thighs skin on, boneless
- 2 teaspoons curry powder mild yellow
- 1 teaspoon ground ginger
- 1 teaspoon garlic powder
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground cardamom
- 1 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon fenugreek
- 1 teaspoon salt
- 1 tablespoon vegetable oil

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 195 milligrams
4. Fat: 39 grams
5. Fiber: 1 grams
6. Protein: 40 grams
7. SaturatedFat: 10 grams
8. Sodium: 770 milligrams

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