

Healthy Indian Spiced Chicken

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-spiced-basmati-rice-recipe>

Ingredients:

- 3 tablespoons olive oil
- 2 pounds chicken breast cubed
- 1 red onion
- 4 garlic cloves or 1 teaspoon Garlic Powder
- 2 tablespoons fresh ginger or 1 teaspoon Ground Ginger
- 3 tablespoons brown sugar
- 1/4 cup tomato paste
- 2 teaspoons cumin
- 2 tablespoons Garam Masala
- 2 teaspoons turmeric
- 2 teaspoons red chili flakes
- 1/4 teaspoon canela
- 2 teaspoons salt
- 1 1/2 cups water
- 3/4 cup greek yogurt
- basmati rice Serve with, or Naan Bread optional

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 150 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 52 grams
7. SaturatedFat: 5 grams
8. Sodium: 1610 milligrams
9. Sugar: 12 grams

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