

Roasted Indian Spiced Chicken

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indiaan-spiced-chicken-recipe>

Ingredients:

- 3 tablespoons Land O Lakes Butter with Canola Oil
- 1 cup red onions chopped
- 1 teaspoon ginger total, + Garlic Paste
- 1 whole chicken cut into pieces and skin removed
- 2 medium tomatoes chopped
- 1/2 cup water
- 1 green chile finely chopped, optional
- 3 bay leaves
- 4 whole red chiles optional
- 5 black peppercorns
- 4 green cardamom pods
- 1 teaspoon ground turmeric
- 1 teaspoon ground coriander
- 1 teaspoon Garam Masala store-bought or homemade
- 1 1/2 teaspoons salt use as per taste
- 1/2 teaspoon red chile powder use as per taste
- fresh cilantro finely chopped
- 1 tablespoon fresh lemon juice

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 270 milligrams
4. Fat: 21 grams
5. Fiber: 5 grams
6. Protein: 78 grams
7. SaturatedFat: 9 grams
8. Sodium: 1240 milligrams
9. Sugar: 4 grams

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