

Tandoori-Spiced Turkey Skewers

Yield: 6 min
Total Time: 495 min

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

Ingredients:

- 1 cup non fat greek yogurt plain
- 2 cloves garlic minced
- 2 limes zested and juiced
- 2 tablespoons ginger grated
- 2 tablespoons paprika
- 2 tablespoons garam masala
- 1 tablespoon turmeric
- 2 teaspoons salt
- 1/2 teaspoon cayenne pepper
- 2 pounds boneless skinless turkey breast
- 1 red onion small, cut into chunks
- 1 green pepper cut into chunks
- 1 ataulfo mango small firm-ripe, finely diced
- 1 cup non fat greek yogurt plain
- 2 tablespoons mint finely chopped
- 2 tablespoons chopped cilantro finely
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1 pinch cayenne

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 95 milligrams
4. Fat: 2.5 grams
5. Fiber: 4 grams
6. Protein: 45 grams

7. Sodium: 1120 milligrams

8. Sugar: 14 grams

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