

# Indian Spiced Chicken

Yield: 4 min  
Total Time: 90 min

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

## Ingredients:

- 2 garlic cloves
- 1 piece fresh ginger root about 30 grams
- 1 teaspoon coriander seeds
- 1/2 teaspoon cumin seeds
- 1 teaspoon brown mustard seeds
- 1/2 teaspoon turmeric
- 1/2 teaspoon spice blend Garam Masala, Indian
- 6 chicken legs each about 200 grams
- 1 pineapple about 1 kg
- 1 red chile pepper
- 1 lime
- salt
- sugar
- 6 tablespoons vegetable oil
- 1/2 bunch cilantro
- 6 onions

## Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 155 milligrams
4. Fat: 43 grams
5. Fiber: 7 grams
6. Protein: 38 grams
7. SaturatedFat: 7 grams
8. Sodium: 360 milligrams
9. Sugar: 35 grams
10. TransFat: 0.5 grams

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