

# Indian Chicken

Yield: 2 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-mango-lime-pickle-recipe>

## Ingredients:

- 1 tablespoon tandoori paste from a jar
- 5 ounces yogurt 3.5% fat
- 1 pinch chili powder
- 2 chicken breast halves each about 180 grams
- 3/4 cup milk low-fat
- 2 ears of corn about 800 grams
- 1 cucumber about 175 grams
- 1/4 mango about 125 grams
- 1/2 lime
- 3 sprigs mint
- salt
- pepper

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 140 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams
6. Protein: 49 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 700 milligrams
9. Sugar: 16 grams

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