

Paneer Tikka Skewers

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/paneer-tikka-recipe-indian-healthy-recipes>

Ingredients:

- 1 cup paneer cubes of, about 1 inch in size
- 1 cup capsicum diced, about 1 inch in size
- 1 cup diced onions about 1 inch in size
- 2 tablespoons gram flour
- 1 tablespoon corn flour
- 1 tablespoon garlic paste
- 1 tablespoon ginger paste
- 1 teaspoon chilli powder
- 3 teaspoons tandoori masala
- 1 lemon medium sized
- salt
- oil

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 25 milligrams
4. Fat: 13 grams
5. Fiber: 4 grams
6. Protein: 5 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 340 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Paneer Tikka Skewers above. You can see more 19 paneer tikka recipe indian healthy recipes Dive into deliciousness! to get more great cooking ideas.