

Joojeh Kabob (Persian Chicken Kabob)

Yield: 4 min
Total Time: 67 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-chicken-kabob-recipe-yogurt>

Ingredients:

- 2 pounds chicken breast cubed, See Note 1
- 1/4 teaspoon saffron threads a tiny pinch - about 30 threads
- 1 cup yogurt plain flavored
- 1 medium yellow onion finely grated
- 2 cloves garlic minced
- 1 teaspoon fresh parsley chopped
- 1 teaspoon sumac
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 150 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 49 grams
7. SaturatedFat: 3 grams
8. Sodium: 590 milligrams
9. Sugar: 4 grams

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