

Ellen Hanson's Chicken Curry

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-curry-recipe-with-greek-yogurt>

Ingredients:

- 1 whole rotisserie chicken with no extra flavorings
- 1 yellow onion medium, peeled and cubed
- 1 apples peeled and cubed
- 2 teaspoons vegetable oil
- 1 clove garlic minced
- 1 teaspoon fresh ginger finely chopped
- 2 teaspoons curry powder
- 17 ounces greek yogurt zero-fat, strained
- 1 pinch kosher salt
- 1 pinch cracked black pepper freshly

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 305 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 25 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 190 milligrams
9. Sugar: 9 grams

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