

# Chicken With Sour Cream & Red Bell Pepper

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/sour-cream-recipe-indian-in-hindi>

## Ingredients:

- 1 1/2 inches fresh ginger piece, peeled
- 6 large garlic cloves peeled
- 3 tablespoons vegetable oil
- 1 onion medium, peeled and chopped
- 2 teaspoons ground coriander
- salt to taste
- 1/2 teaspoon chile powder
- 3 tomatoes medium to large, chopped
- 1 pound chicken pieces skinned
- 1 red bell pepper large, cored and cut into 1-inch squares
- 4 tablespoons sour cream
- 1 1/2 teaspoons garam masala

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 95 milligrams
4. Fat: 30 grams
5. Fiber: 3 grams
6. Protein: 24 grams
7. SaturatedFat: 7 grams
8. Sodium: 300 milligrams
9. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Chicken With Sour Cream & Red Bell Pepper above. You can see more 15 sour cream recipe indian in hindi Deliciousness awaits you! to get more

great cooking ideas.