

Grilled Tandoori Chicken

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/tandoori-chicken-recipes>

Ingredients:

- 1 pound boneless skinless chicken breast cut into 1? cubes
- 2 tablespoons vegetable oil
- 1/2 cup yellow onion or diced white
- 2 tablespoons garlic fresh, minced
- 2 tablespoons fresh ginger minced
- 1 teaspoon ground cumin
- 1 teaspoon marsala garam
- 1 teaspoon turmeric
- 1 teaspoon ground coriander
- 1 tablespoon paprika
- 1 teaspoon salt
- 1 pinch cayenne pepper sauce
- 1/2 cup plain yogurt
- 1 lemon

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 75 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 26 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 740 milligrams
9. Sugar: 3 grams

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