

Tandoori Marinade

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/tandoori-marinade-recipe-indian>

Ingredients:

- 4 garlic cloves
- 1 tablespoon minced ginger
- 1 tablespoon tandoori spice blend
- 1 lemon
- 1 teaspoon salt
- 1/2 cup plain yogurt

Nutrition:

1. Calories: 30 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 5 milligrams
4. Fat: 1 grams
5. Fiber: 1 grams
6. Protein: 1 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 610 milligrams
9. Sugar: 2 grams

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