

Turkish Chicken Kabab Tavuk Shish

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-tavuk-chicken-recipe>

Ingredients:

- 1/4 cup plain greek yogurt
- 1 tablespoon minced garlic
- 1 tablespoon tomato paste
- 1 tablespoon vegetable oil
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon black pepper
- 1/2 teaspoon cayenne pepper
- 1 pound boneless skinless chicken thighs each cut into 4 pieces

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 75 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 25 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 760 milligrams
9. Sugar: 1 grams

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