

Authentic Turkish Chicken Kebab (Tavuk Si?)

Yield: 7 min
Total Time: 45 min

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

Ingredients:

- 2 boneless, skinless chicken breasts or 4 to 5 boneless, skinless thighs
- 1 medium onion
- 2 cloves garlic
- 1/2 cup plain yogurt or milk
- 3 tablespoons vegetable oil
- 2 tablespoons tomato paste
- 1 teaspoon ground black pepper
- 1 teaspoon paprika
- 1 teaspoon salt
- oregano optional
- sumac optional
- paprika optional

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 25 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 1 grams
8. Sodium: 420 milligrams
9. Sugar: 2 grams

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