

Crispy Yogurt Chicken

Yield: 6 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/yogurt-chicken-recipe-south-africa>

Ingredients:

- 2 cups yogurt plain unflavored
- 2 cloves garlic cloves
- parsley taste
- 1 whole lemon juice
- chicken leg thighs
- salt taste
- 2 cups panko bread crumbs
- 1 butter pat for each piece of chicken

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 25 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 200 milligrams
9. Sugar: 4 grams

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