

Chicken Shwarma

 **Gluten Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons ghee divided
- 3 tablespoons garam masala
- 1 pound chicken breast halves boneless skinless cut into 1/2 inch pieces

Equipment

- frying pan

Directions

- Melt clarified butter in a large skillet over medium high heat.
- Sprinkle one side of chicken pieces with garam masala and place seasoned side down in hot butter.
- Sprinkle top of chicken pieces with more garam masala and saute for 5 minutes.
- Turn chicken pieces, adding more butter as needed, and saute for 5 to 10 minutes more, or until chicken is cooked through and no longer pink inside.

Nutrition Facts



PROTEIN 41.89%

FAT 55.45%

CARBS 2.66%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:10.709130436182%

Nutrients (% of daily need)

Calories: 242.22kcal (12.11%), Fat: 14.58g (22.43%), Saturated Fat: 7.61g (47.54%), Carbohydrates: 1.58g (0.52%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0g (0%), Cholesterol: 101.37mg (33.79%), Sodium: 134.24mg (5.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.78g (49.56%), Vitamin B3: 11.83mg (59.14%), Selenium: 36.29µg (51.84%), Vitamin B6: 0.85mg (42.47%), Phosphorus: 238.14mg (23.81%), Vitamin B5: 1.62mg (16.16%), Potassium: 419.57mg (11.99%), Magnesium: 29.48mg (7.37%), Vitamin B2: 0.11mg (6.67%), Vitamin B1: 0.07mg (4.84%), Zinc: 0.66mg (4.38%), Vitamin B12: 0.23µg (3.78%), Fiber: 0.68g (2.7%), Iron: 0.42mg (2.33%), Vitamin C: 1.36mg (1.65%), Copper: 0.03mg (1.53%), Vitamin E: 0.22mg (1.44%), Folate: 4.54µg (1.13%)