ducts are sourced from organic vendors on this packet are not of the content in this pack

Chicken masala

Nutritional Facts Amounts per 100 ams

% Daily value

Energy : 390 kcal	20%
Total Fat : 12.07 g	18%
Saturated Fat : 1.01 g	5.0%
Trans Fat : 0 g	0%
Sodium : 858.8 mg	43%
Total carbohydrate : 57.1 g	
Total sugar : 0 g	
Includes 0 g added sugars	0%
Protein : 13.43 g	
Calcium : 298 mg	
Iron : 54 mg	
Potassium : 783 mg	
Cholesterol : 0mg	

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day issued for general nutrition advice

INGREDIENTS FOR PREPARATION:

- 1. Medium sized chicken pieces 1 kg 2. Cappacale chicken masala - 3 tablespoon
- 3. Onion sliced 200 g
- 4. Sliced ginger 1 tablespoon
- 5. Garlic 6 flakes

- 6 Green chillies 3 nos
- 7. Curry leaves 2 stalks

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- 8. Coconut oil 3 tablespoon
- 9. Mustard as required 10. Salt - as required

PREPARATION:

Rub in Cappacale Chicken masala and salt to sliced chicken pieces. Leave for 15 minutes. Grind 4, 5 and 6 into fine paste and set aside. Heat oil, crackle mustard, and fry onion. Add the paste kept aside earlier and stir well. Add chicken pieces into the mix with required water and cook till done. Garnish with curry leaves and serve hot.

For suggetions, feedbacks and complaints if any:

 info@cappacale.com +91 9778687186

® 10AM − 9PM

PRODUCT OF INDIA

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