

Aloo Gobi Masala (Cauliflower and Potato Curry)

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-cauliflower-potato-curry-recipe>

Ingredients:

- 1 head cauliflower
- 1 inch florets
- 3 potatoes peeled and cut into 1-inch chunks
- 1 tablespoon olive oil
- 1 teaspoon cumin seeds
- 2 tomatoes diced
- 1 onion chopped
- 1 teaspoon salt
- 1 teaspoon curry powder

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 38 grams
3. Fat: 3.5 grams
4. Fiber: 8 grams
5. Protein: 7 grams
6. Sodium: 650 milligrams
7. Sugar: 8 grams

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