

# Stir Fry Asparagus Indian style

Yield: 4 min  
Total Time: 9 min

Recipe from: <https://www.recipeschoose.com/recipes/best-asparagus-indian-recipe>

## Ingredients:

- 2 cups asparagus trimmed and cut
- 1 teaspoon lemon juice
- 1 teaspoon chaat masala
- 1 teaspoon pepper flakes Aleppo
- salt to taste
- 1/2 teaspoon oil

## Nutrition:

1. Calories: 20 calories
2. Carbohydrate: 3 grams
3. Fat: 0.5 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. Sodium: 200 milligrams
7. Sugar: 1 grams

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