

# Asparagus with Indian Spices

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 2 garlic cloves
- 1 3/16 inches ginger piece
- 1 1/8 pounds asparagus chopped
- 3 teaspoons rapeseed oil
- 1 teaspoon cumin seeds
- 1/2 teaspoon fennel seeds
- 1 onion sliced
- 1 green chillies finely chopped
- 1 teaspoon chilli powder Kashmiri
- 1/2 teaspoon amchoor powder, dried mango powder
- 3 tomatoes chopped finely
- salt to taste

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 14 grams
3. Fat: 4 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. Sodium: 210 milligrams
7. Sugar: 7 grams

---

Thank you for visiting our website. Hope you enjoy Asparagus with Indian Spices above. You can see more 15 indian spices recipe Get cooking and enjoy! to get more great cooking ideas.