

Vegetable Pakora

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1 1/16 cups gram flour sieved
- 1 onion medium
- 3 medium potatoes
- 1 teaspoon salt
- 2 teaspoons Garam Masala
- 1 teaspoon turmeric
- 2 chillies finely chopped
- 1 tablespoon ginger grated, optional
- 1 handful coriander chopped
- 2 teaspoons fenugreek leaves dried
- 1 teaspoon cumin seeds
- 1/2 teaspoon chilli powder
- water
- oil for deep frying

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 31 grams
3. Fat: 5 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. Sodium: 610 milligrams
7. Sugar: 3 grams

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