

Peechinga curry/ Ridge gourd Curry

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 1 tablespoon olive oil
- 1/2 teaspoon mustard
- 1/4 teaspoon cumin seeds
- 1/4 teaspoon fennel seeds
- 3/4 teaspoon salt or to taste
- 1 green chili
- 2 cloves garlic
- 1 inch ginger
- 3 tomato
- 3/4 cup chopped onion
- 1 gourd large Ridge, / Peechinga, about 3 cup chopped when it is cut it into 2 inch cubes
- 1/2 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1 teaspoon masala curry
- 1/2 teaspoon chili powder
- 1/4 teaspoon turmeric
- 1/2 cup water

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 9 grams
3. Fat: 3.5 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 460 milligrams
8. Sugar: 5 grams

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