

# Indian Cabbage

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-food-recipe-using-cabbage-and-carrots>

## Ingredients:

- 4 tablespoons unsalted butter
- 1/2 teaspoon cumin seed whole
- 1 jalapeno seeded and cut into 1/8" strips, julienned
- 2 ounces yellow onion thinly sliced
- 1 carrot grated
- 2 1/2 cups cabbage 1/4" shred with a knife, it's too fine with a food processor
- 1 pinch salt
- 1 pinch ground turmeric
- 1/2 teaspoon nigella seeds I order from Penzey's Spices
- 1/2 teaspoon spice Garam Masala, blend
- 1 tablespoon lemon juice

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 30 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 1 grams
7. SaturatedFat: 7 grams
8. Sodium: 95 milligrams
9. Sugar: 2 grams

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