South Indian Curry

Yield: 5 min
Total Time: 40 min

Recipe from: https://www.recipeschoose.com/recipes/south-indian-carrot-thoran-recipe

Ingredients:

- 2 jalapeño peppers medium, seeds and ribs removed
- 1/4 cup unsweetened shredded coconut
- 1/2 tablespoon ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon cinnamon
- 3/4 teaspoon salt
- 1/2 teaspoon powdered ginger
- 2 cloves garlic roughly chopped, about 2 teaspoons
- 1/4 cup water
- 1/2 cup coconut milk canned
- 1 tablespoon coconut oil
- 3 medium carrots grated, about 2 cups
- 14 1/2 ounces diced tomatoes

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 13 grams
3. Fat: 10 grams
4. Fiber: 4 grams
5. Protein: 2 grams
6. SaturatedFat: 9 grams
7. Sodium: 400 milligrams
8. Sugar: 7 grams

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