

(South Indian Style Purple Carrot Stir Fry)

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/carrot-stir-fry-indian-recipe>

Ingredients:

- 2 carrot
- 1 onion
- 5 green chillies
- 1 piece ginger
- 4 cloves finely chopped
- 3 teaspoons dhal
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- 3 teaspoons oil
- 10 curry leaves
- 1 teaspoon turmeric powder
- salt as necessary
- 1 teaspoon red chili powder
- 1/4 cup water
- 1/2 cup grated coconut

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 15 grams
3. Fat: 11 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 6 grams
7. Sodium: 240 milligrams
8. Sugar: 6 grams

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