

Indian Cauliflower Curry

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-cauliflower-stew-recipe-indian>

Ingredients:

- 2 tablespoons unsalted butter
- 1/4 cup chopped onion
- 1/2 teaspoon Garam Masala
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon ground cardamom
- 1/8 teaspoon cayenne or to taste
- 2 tablespoons tomato paste
- 1/4 cup broth or stock, chicken or vegetable
- 16 ounces cauliflower florets frozen
- salt to taste
- fresh cilantro chopped

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 30 milligrams
4. Fat: 12 grams
5. Fiber: 6 grams
6. Protein: 7 grams
7. SaturatedFat: 7 grams
8. Sodium: 690 milligrams
9. Sugar: 7 grams

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