

# Indian Spiced Cauliflower and Potato Stir Fry

Yield: 4 min  
Total Time: 50 min

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

## Ingredients:

- 1 head cauliflower
- 3 potatoes
- 4 tablespoons vegetable oil
- 1 teaspoon seeds
- 2 red chilli
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon sugar
- salt to taste

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 34 grams
3. Fat: 14 grams
4. Fiber: 6 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 250 milligrams
8. Sugar: 5 grams

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