

Bhindi Masala Or Bhindi Masala

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/jenny-brule-indian-bhindi-masala-recipe>

Ingredients:

- 2 1/2 cups bhindi
- 2 tablespoons olive oil
- 1 teaspoon ginger garlic paste
- 2 onion
- 2 tomatoes
- 1 teaspoon coriander powder
- 1/2 teaspoon red chili powder
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon garam masala powder
- salt as required

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 14 grams
3. Fat: 8 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 240 milligrams
8. Sugar: 5 grams

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