

# Stuffed Karela (Bharwan Karela) or Stuffed Bitter Gourd

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/stuffed-bitter-melon-indian-recipe>

## Ingredients:

- 5 karela /Bitter Gourds
- 3 tablespoons oil
- 1/4 cup besan /Chickpeas Flour
- 2 tablespoons roasted peanuts Crushed
- 1 teaspoon minced garlic optional
- 1 teaspoon coriander seeds Powder
- 1/2 teaspoon red chili powder
- 1/4 teaspoon turmeric powder
- 1 teaspoon Garam Masala
- 1 teaspoon amchoor Powder
- asafoetida Pinch of Hing/
- 2 teaspoons oil
- salt
- 1/2 teaspoon sugar

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 7 grams
3. Fat: 16 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 220 milligrams
8. Sugar: 1 grams

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