

Masala Prawns

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-garlic-prawns-recipe-indian>

Ingredients:

- 1 1/8 pounds prawns
- 1/2 teaspoon turmeric
- 1/2 teaspoon chili powder
- 1 teaspoon coriander seeds crushed
- 1/2 teaspoon cumin seed crushed
- 1/2 teaspoon salt
- 1 tablespoon oil
- 1/2 teaspoon brown mustard seeds
- 1/2 teaspoon cumin seed
- 1 clove garlic sliced
- 1 chillies sliced
- fresh squeezed lemon juice

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 90 milligrams
4. Fat: 3.5 grams
5. Protein: 13 grams
6. Sodium: 250 milligrams

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