

# South Indian Green Beans with coconut

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-green-beans-coconut-recipe>

## Ingredients:

- 8 curry leaves
- 1 dried red chili pepper ¼ teaspoon crushed red chili pepper
- 1 pound green beans trimmed and chopped crosswise into ¼" pieces
- 1 teaspoon kosher salt
- 2 tablespoons oil
- 1 teaspoon mustard seeds
- 1/8 teaspoon asafetida hing
- 2 teaspoons urad dal
- 1/4 cup coconut unsweetened, frozen fresh or dry unsweetened desiccated
- 1 tablespoon coriander seeds
- 1/2 tablespoon daal chana
- 1 red chili pepper

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 10 grams
3. Fat: 9 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 2 grams
7. Sodium: 610 milligrams
8. Sugar: 4 grams

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