

Indian Spiced Green Beans

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1/2 pound green beans
- 1 tablespoon coconut oil
- 1/2 teaspoon black mustard seeds
- 1/2 teaspoon beans white split gram, urad dahl, optional
- 1/2 teaspoon tumeric
- 1/2 teaspoon salt
- 1/4 cup coconut flakes unsweetened
- 1/4 teaspoon red pepper optional

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 6 grams
3. Fat: 7 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 6 grams
7. Sodium: 300 milligrams
8. Sugar: 2 grams

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