

Pan Fried Paneer (Indian Cottage Cheese) Bites

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/homemade-indian-cottage-cheese-recipe>

Ingredients:

- 1 15/16 cups paneer
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon red chili powder
- 1 teaspoon coriander powder
- 1 teaspoon kasoori methi
- 1 teaspoon cumin powder
- salt as needed
- 2 teaspoons oil

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 45 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 8 grams
8. Sodium: 410 milligrams
9. Sugar: 2 grams

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