

Indian Bitter Melon (Karela) and Potato Stir Fry

Yield: 3 min
Total Time: 37 min

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

Ingredients:

- 10 karela Bitter Melon, peeled and sliced
- 2 potatoes 2 medium size or 1 large gold potato
- 1/2 teaspoon nigella seeds
- 1/2 teaspoon cumin seeds
- 1 tablespoon canola oil
- 1/4 teaspoon black pepper
- 1/2 teaspoon red pepper Powder
- 1 tablespoon lemon juice
- 1/2 teaspoon salt adjust per taste, plus extra for curing bitter melon
- 1 onions Shallot, small onion, thin round slices
- 2 garlic garlic cloves, fine diced
- 1/2 tablespoon mustard seeds optional
- 1 tablespoon sugar optional, but recommended for sweet-sour bite

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 32 grams
3. Fat: 5 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. Sodium: 400 milligrams
7. Sugar: 7 grams

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