

Bitter Gourd Chips in Air Fryer

Yield: 6 min
Total Time: 35 min

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

Ingredients:

- salt – to taste
- 2 teaspoons red chili powder
- 2 tablespoons oil
- 1 teaspoon tamarind water squeezed from a lemon size tamarind ball
- 6 karela
- 3 tablespoons flour
- 3 tablespoons rice flour
- 1 1/2 tablespoons corn starch
- salt to taste
- 2 teaspoons red chili powder
- 2 tablespoons oil
- 1 teaspoon tamarind water squeezed from a lemon size tamarind ball

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 10 grams
3. Fat: 10 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 280 milligrams

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