

Masala chips/Kenyan masala fries

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 500 grams potato frozen, fries
- 2 tablespoons vegetable oil + some for baking
- 1 cup mixed vegetables peas, mushroom, carrot, corn etc
- 1 onion medium, chopped
- 1 tablespoon crushed garlic
- 1/2 cup crushed tomato
- 1 tablespoon tomato paste
- 2 tablespoons tomato ketchup
- 1 teaspoon chilli powder
- 1/4 teaspoon turmeric powder
- 1 tablespoon Garam Masala
- 1 teaspoon salt
- 2 tablespoons coriander leaves chopped
- 1/2 lemon

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 36 grams
3. Fat: 8 grams
4. Fiber: 7 grams
5. Protein: 5 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 780 milligrams
8. Sugar: 5 grams

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