

Vaghareli Makai (Spiced Indian Corn)

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 2 red chiles small, stemmed, seeded, if desired, and sliced
- 2 garlic cloves medium, peeled and sliced
- 1 fresh ginger 1-inch, 3cm piece of, peeled and sliced
- 1/4 teaspoon ground turmeric
- 3/4 teaspoon kosher salt or sea
- 2 tablespoons clarified butter
- 1 1/2 teaspoons brown mustard seeds or yellow
- 3 cups corn kernels 450g about 3 large ears fresh
- 1/2 cup roasted peanuts
- 1 cup chopped cilantro
- lemon wedges
- 2 tablespoons toasted sesame seeds

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 30 milligrams
4. Fat: 19 grams
5. Fiber: 4 grams
6. Protein: 30 grams
7. SaturatedFat: 7 grams
8. Sodium: 1840 milligrams
9. Sugar: 8 grams

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