

# Papad Ki Sabzi

Yield: 2 min  
Total Time: 15 min

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

## Ingredients:

- 3 papad or papadam or poppadum
- 3 tomatoes
- 1 teaspoon chopped ginger
- 2 cloves garlic
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon garam masala powder
- 1 teaspoon Kashmiri red chili powder
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1 tablespoon ghee
- 1 teaspoon cumin seeds jeera
- 1/2 teaspoon salt
- 1 1/2 cups water
- 2 teaspoons leaves chopped corriander

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 11 grams
3. Fat: 6 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. Sodium: 620 milligrams
7. Sugar: 6 grams

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