

# Mixed Vegetable Paratha

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-fried-mixed-vegetable-recipe>

## Ingredients:

- 1 1/2 cups wheat flour
- 1/4 teaspoon salt
- 2 teaspoons oil
- stuffing Mixed vegetable
- 1 tablespoon oil
- 1 onion
- 1/2 teaspoon ginger garlic paste
- 2 potato
- 1/4 cup peas
- mixed vegetables Other, like carrot, cabbage, capsicum, cauliflower etc - very finely chopped or grated- 3/4 cup
- coriander leaves finely chopped - 2-3 tbslp
- 1 teaspoon chilli powder
- 1/4 teaspoon turmeric powder
- 1 teaspoon Garam Masala
- 1/2 teaspoon cumin powder
- amchoor Powder - 1/2 tsp
- seeds Carom, Ajwain - 1/4 tsp
- salt as needed

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 91 grams
3. Fat: 10 grams
4. Fiber: 12 grams
5. Protein: 15 grams
6. SaturatedFat: 1 grams
7. Sodium: 1040 milligrams
8. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Mixed Vegetable Paratha above. You can see more 15 indian fried mixed vegetable recipe They're simply irresistible! to get more great cooking ideas.