

Vindaloo Masala paste

Yield: 1 min
Total Time: 12 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-kashmiri-masala-paste-recipe>

Ingredients:

- 1 1/2 tablespoons oil
- 7 red chillies
- 16 pepper corns
- 16 cloves
- 1 inch ginger
- 8 garlic cloves
- 1 teaspoon cumin seeds
- 1 cinnamon stick
- 1/4 teaspoon turmeric powder
- 1 teaspoon lime juice /Vinegar
- 1 small onion roughly chopped

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 22 grams
3. Fat: 25 grams
4. Fiber: 7 grams
5. Protein: 3 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 50 milligrams
8. Sugar: 1 grams

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