

Dahi Aloo – potatoes in yogurt gravy

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-mango-pickle-recipe-indian>

Ingredients:

- potato or aloo – 3, big, If using baby potatoes, use about 10
- 1 onion
- 2 cloves
- cinnamon – small piece
- Garam Masala powder – 2 tsp
- 1 tablespoon garlic paste
- coriander or dhania powder – 1tbsp
- 1 teaspoon mango powder
- 1/2 teaspoon turmeric powder
- 1 teaspoon red chili powder
- 1/2 cup water
- coriander leaves – to garnish, optional
- salt – to taste
- 2 tablespoons oil
- 1 teaspoon mustard seeds
- 3 green chili
- 1 tablespoon mango pickle optional

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 30 grams
3. Fat: 15 grams
4. Fiber: 9 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 420 milligrams
8. Sugar: 6 grams

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