

Gujarati Kadhi Instant Pot

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-kadhi-recipe-gujarati>

Ingredients:

- 1 cup yogurt full fat sour, curd, or katta dahi
- 1/4 cup besan chickpea flour
- 3 cups water
- 1 tablespoon sugar
- salt adjust to taste
- 1 tablespoon ghee or oil
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon seeds cumin, jeera
- 2 red chillies
- 1/4 teaspoon seeds fenugreek, methi seeds
- 1 inch cinnamon stick
- 2 cloves
- 1 teaspoon ginger grated
- 1 stalk curry leaves
- 1 green chilli finely chopped
- 1 pinch asafetida hing
- 1 tablespoon lemon juice
- 2 tablespoons cilantro coriander leaves

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 230 milligrams
9. Sugar: 7 grams

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