

Indian-Spiced Mashed Potatoes

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mashed-potato-curry-recipe-indian>

Ingredients:

- 2 tablespoons olive oil
- 1 1/2 teaspoons ginger fresh grated
- 1 green chile serrano or jalapeno, minced
- 1 1/2 teaspoons cumin seeds
- 1 1/2 teaspoons coriander seeds ground
- 2 1/2 cups mashed potatoes
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne
- 1/2 teaspoon turmeric
- 1/2 teaspoon kosher salt
- 1 tablespoon lemon juice
- 3 tablespoons chopped cilantro

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 15 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 5 grams
8. Sodium: 720 milligrams
9. Sugar: 2 grams

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