

Keema Naan

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-naan-recipe-with-self-raising-flour>

Ingredients:

- 5 1/4 ounces minced lamb 20% fat
- 1 small onion peeled and chopped
- 1 clove garlic peeled and crushed
- 13/16 inch root ginger piece of, peeled and finely grated
- 1/2 teaspoon chilli powder mild
- 1/2 teaspoon ground coriander
- 1 teaspoon garam masala powder
- 1/2 teaspoon ground cumin
- 1 tablespoon tomato puree
- 2 tablespoons water
- 1 tablespoon fresh coriander chopped
- salt
- pepper
- cooking spray low calorie
- 2 cups self raising flour white
- 1 teaspoon caster sugar
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1 5/16 cups natural yoghurt fat free
- 1/3 ounce spread reduced fat
- spread extra reduced fat, for greasing

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 35 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 15 grams

7. SaturatedFat: 5 grams
 8. Sodium: 630 milligrams
 9. Sugar: 4 grams
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