

# Aloo Bhindi

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/kurkuri-bhindi-recipe-indian>

## Ingredients:

- 1/4 cup oil
- 250 grams bhindi cut them in small rounds
- 250 grams potatoes cut into wedges
- 1 cup onion sliced
- 1 teaspoon garlic chopped
- 2 teaspoons coriander powder
- 2 teaspoons chilli powder Kashmiri Red
- 1/2 teaspoon turmeric powder
- 1 teaspoon mango powder
- 1/2 teaspoon garam masala powder
- salt to taste

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 21 grams
3. Fat: 14 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 210 milligrams
8. Sugar: 3 grams

---

Thank you for visiting our website. Hope you enjoy Aloo Bhindi above. You can see more 17 kurkuri bhindi recipe indian Unleash your inner chef! to get more great cooking ideas.