

# Raw Plantain With Yogurt Curry

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-plantain-chips-recipe>

## Ingredients:

- 2 pounds plantains Raw Banana
- 1 tablespoon coconut oil
- 1/4 teaspoon mustard seeds
- 1/2 teaspoon black pepper Powder
- 4 red chili Medium Dry, Vary by spice level
- 1 sprig curry leaves
- 1/2 teaspoon sea salt Or to taste
- 1/4 teaspoon turmeric powder
- 1/4 teaspoon seeds Fenugreek, Methi Seeds
- 1/4 teaspoon cumin seeds
- 3 green chili pepper Medium, Vary by spice level
- 2 tablespoons coconut Grated
- 2 cups yogurt or Buttermilk

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 81 grams
3. Cholesterol: 10 milligrams
4. Fat: 7 grams
5. Fiber: 6 grams
6. Protein: 6 grams
7. SaturatedFat: 6 grams
8. Sodium: 350 milligrams
9. Sugar: 41 grams

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