

# Sweet Potato Pakora

Yield: 8 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-pokora-recipe-chickpea-flour>

## Ingredients:

- 1 1/3 cups chickpea flour sifted
- 2 teaspoons ghee
- 1 tablespoon lemon juice
- 3/4 teaspoon cayenne
- 1 teaspoon Garam Masala
- 1 teaspoon salt
- 9 tablespoons cold water
- 1/3 teaspoon baking powder
- oil for frying
- 1 medium sweet potato peeled and grated
- 1/2 bunch watercress washed and chopped
- 1 jar mango chutney
- 1 tablespoon ginger finely grated
- 5 sprigs cilantro washed well, stems minced

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 13 grams
3. Fat: 4.5 grams
4. Fiber: 2 grams
5. Protein: 4 grams
6. Sodium: 340 milligrams
7. Sugar: 2 grams

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