

Kakrar Jhal (Step By Step) | Best Bengali Crab Curry

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 5 crabs small, cleaned & washed
- 3 medium potatoes diced in big chunks peeled
- 1 medium tomato pureed
- 1 medium onion sliced
- 1 medium onion pureed
- 1 1/2 tablespoons ginger garlic paste
- 2 bay leaves small
- 2 red chili dried whole
- 1 teaspoon turmeric powder
- 1 1/2 teaspoons red chili powder
- 1 teaspoon cumin powder
- 1 teaspoon Garam Masala Bengali
- salt according to taste
- 5 whole green chilies slit

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 20 milligrams
4. Fat: 0.5 grams
5. Fiber: 5 grams
6. Protein: 9 grams
7. Sodium: 300 milligrams
8. Sugar: 5 grams

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