

Batata Nu Shaak (Gujarati Style Potato Sabzi)

Yield: 4 min
Total Time: 33 min

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

Ingredients:

- 2 1/2 cups potato peeled, cubes
- 1/4 teaspoon mustard seeds
- 1/2 teaspoon cumin seeds jeera
- 2 teaspoons ginger paste Green Chilli-
- 1 tomato chopped
- 1 pinch asafoetida
- 1/2 teaspoon turmeric powder haldi
- 1 teaspoon chilli powder lal mirch
- 2 teaspoons coriander powder Cumin-, dhaniya-jeera powder
- 1 teaspoon sugar optional
- 2 tablespoons cooking oil
- 1 1/2 tablespoons coriander leaves Fresh, chopped
- 1 1/4 cups water
- salt

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 19 grams
3. Fat: 7 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 230 milligrams
8. Sugar: 3 grams

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