

# Indian Salmon Curry

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 2 salmon fillets
- 1 onion
- 1 tomato
- 1 teaspoon cumin seeds
- 1 teaspoon chili powder
- 1/2 teaspoon coriander powder
- 1/4 teaspoon turmeric powder
- 1 teaspoon salt
- 2 tablespoons cooking oil

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 30 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 12 grams
7. SaturatedFat: 2 grams
8. Sodium: 630 milligrams
9. Sugar: 2 grams

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