

Garlic Spinach Balls

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 2 cups spinach chopped
- 2 cloves garlic grated
- 1 onion small, finely chopped
- 2 medium potatoes boiled and mashed
- 1 tablespoon all purpose flour maida
- 1 teaspoon red chili powder
- 1/2 teaspoon dried oregano powder
- salt to taste
- oil for cooking

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 24 grams
3. Fat: 5 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. Sodium: 220 milligrams
7. Sugar: 2 grams

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