

# Watermelon Rind Curry

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 4 cups watermelon cubed, rind after green-skinned
- 1 large onion
- 1 teaspoon mustard seeds
- 1/2 teaspoon cumin seeds
- 3 teaspoons coconut oil
- 3 teaspoons curry powder sambar/
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon Garam Masala
- salt to taste

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 16 grams
3. Fat: 4 grams
4. Fiber: 1 grams
5. Protein: 2 grams
6. SaturatedFat: 3 grams
7. Sodium: 200 milligrams
8. Sugar: 10 grams

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