

Baby Corn - 65, Baby Corn Fry

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-baby-corn-recipe>

Ingredients:

- 16 baby corn
- 1/4 teaspoon turmeric powder
- 1 teaspoon red chilly powder
- 1/2 teaspoon cumin powder
- 1/2 teaspoon garam masala
- 1 teaspoon garlic paste
- 1/2 teaspoon lemon juice
- 1 tablespoon besan (flour)
- 2 tablespoons rice flour
- 10 curry leaves
- salt to taste
- oil for deep frying

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 6 grams
3. Fat: 5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. Sodium: 220 milligrams

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