

Pavakkai Fry/ Bitter Gourd Stir Fry

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-bittergourd-recipe>

Ingredients:

- 2 cups bitter gourd
- 1 tablespoon salt
- 1/2 cup curd
- 2 teaspoons turmeric powder
- 1/2 cup onion
- 1 tablespoon sambhar powder
- 1 tablespoon chilli powder
- 2 tablespoons oil
- 3/4 tablespoon mustard seeds
- cumin seeds Jeera - 1 tsp
- 2 teaspoons urad dal
- 5 curry leaves
- 1 teaspoon sugar

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 10 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 3 grams
8. Sodium: 1850 milligrams
9. Sugar: 3 grams

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