

# Spiced Jerusalem Artichokes

Yield: 4 min  
Total Time: 15 min

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

## Ingredients:

- 1 1/8 pounds jerusalem artichokes
- 2 tablespoons vegetable oil
- 1 teaspoon cumin seeds
- 1 pinch asafoetida
- 1 green chilli chopped
- 1/2 teaspoon salt
- 1 lemon
- 1 teaspoon Garam Masala
- 1 handful fresh coriander

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 18 grams
3. Fat: 7 grams
4. Fiber: 8 grams
5. Protein: 4 grams
6. Sodium: 420 milligrams
7. Sugar: 2 grams

---

Thank you for visiting our website. Hope you enjoy Spiced Jerusalem Artichokes above. You can see more 17 jerusalem artichoke recipe indian Experience culinary bliss now! to get more great cooking ideas.