

# Kaddu ki Sabzi | Pumpkin Sabzi

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 13/16 cup pumpkin peeled and cut into cubes
- 2 teaspoons oil
- 1/4 teaspoon mustard seeds rai/
- 1/2 teaspoon jeera /cumin seeds
- 6 fenugreek seeds /methi dana, optional
- 1 pinch asafoetida /hing
- 1 green chili slit
- 2 kokum dried, or about 1/2 teaspoon dry mango powder/amchur powder
- 1/4 teaspoon dhaniya powder /coriander seeds powder
- 1/4 teaspoon jeera powder /cumin seeds powder
- 1 teaspoon jaggery /gur
- salt to taste
- 1 bunch coriander leaves chopped

## Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 6 grams
3. Fat: 2.5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. Sodium: 200 milligrams
7. Sugar: 2 grams

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