

Meat Masala (South Indian Garam Masala)

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-chole-masala-recipe>

Ingredients:

- 4 green cardamom pods full tablespoons of
- 3 tablespoons whole cloves
- 3 sticks canela or pieces of, or cassia
- 1/2 cup fennel seeds
- 1 tablespoon black peppercorns
- 1 nutmeg roughly chopped

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 27 grams
3. Fat: 4 grams
4. Fiber: 17 grams
5. Protein: 4 grams
6. Sodium: 30 milligrams

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