

Aloo Tikki

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetable-aloo-tikki-indian-recipe>

Ingredients:

- 3 large potatoes peeled, boiled and mashed
- 3/4 cup frozen peas uncooked
- 1/2 onion large, chopped
- 1 jalapeno pepper minced
- 1 teaspoon chili powder
- 2 teaspoons Garam Masala
- 1 teaspoon cumin powder
- 1 tablespoon ginger grated
- 1 handful fresh parsley leaves chopped
- 2 tablespoons bread crumbs I used panko
- 4 tablespoons flour

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 62 grams
3. Fat: 0.5 grams
4. Fiber: 8 grams
5. Protein: 9 grams
6. Sodium: 80 milligrams
7. Sugar: 5 grams

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