

Indian Spiced Parsnip Curly Fries

Yield: 3 min
Total Time: 20 min

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

Ingredients:

- 5 parsnips medium, [5-7 inches long, 2-3 inches in diameter]
- 1 tablespoon curry powder
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon ginger powder
- 1/2 teaspoon canela
- 1/2 tablespoon sea salt
- 2 tablespoons olive oil

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 36 grams
3. Fat: 9 grams
4. Fiber: 10 grams
5. Protein: 2 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1200 milligrams
8. Sugar: 10 grams

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