

Indian Potato Curry

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-authentic-indian-potato-curry>

Ingredients:

- 3 medium potatoes washed, peeled and cut into small cubes
- 3 tablespoons oil
- 1 tablespoon garlic paste
- 1 teaspoon red chili powder amount can be adjusted for heat
- 1/2 tablespoon cumin powder
- 1/2 teaspoon turmeric powder optional
- 2 cups water
- 1/2 teaspoon nigella seeds optional
- 1 bunch coriander finely chopped.

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 32 grams
3. Fat: 12 grams
4. Fiber: 6 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 65 milligrams
8. Sugar: 3 grams

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