

# Indian-Spiced Roasted Vegetables

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/roasted-vegetables-recipe-indian-style>

## Ingredients:

- 1 head broccoli cut into florets and stems peeled and cut into small bite-sized pieces, Cauliflower is great, too!
- 4 carrots peeled and chopped into small bite-sized pieces
- 4 parsnips peeled and chopped into small bite-sized pieces
- 1 teaspoon ground coriander
- 1 teaspoon turmeric
- 1 teaspoon curry powder
- 1 teaspoon cumin seeds could also use ground cumin
- freshly ground pepper
- sea salt
- 3 tablespoons oil olive or coconut
- 1 teaspoon fresh ginger peeled and finely grated

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 40 grams
3. Fat: 11 grams
4. Fiber: 13 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 300 milligrams
8. Sugar: 12 grams

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