

# Bhindi ki Sabzi / Spicy Pakistani Okra

Yield: 2 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/sabzi-recipe-pakistani-in-urdu>

## Ingredients:

- 1 pound okra
- 4 red chillies dried whole
- 1/2 teaspoon cumin seeds
- 1/2 chilli flakes rounded tsp red
- 1/2 salt rounded tsp
- oil for cooking, a little less than ¼ cup

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 16 grams
3. Fat: 10 grams
4. Fiber: 7 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 210 milligrams
8. Sugar: 2 grams

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