

# South Indian Potato

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-coconut-dhal-recipe>

## Ingredients:

- 10 baby potatoes Boiled
- 8 fresh curry leaves
- 1 tablespoon sambhar powder storebought or homemade
- 1 teaspoon mustard seeds use any size or color you have
- 1 teaspoon turmeric powder
- 1 teaspoon salt use as per taste
- 1 teaspoon chili powder use as per taste
- 1 teaspoon coriander powder Dhaniya
- 1/8 teaspoon asafetida Hing - optional
- 1 tablespoon coconut Powder - fresh or dry
- 1/2 cup water
- 2 tablespoons oil Light

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 2 grams
3. Fat: 8 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 600 milligrams

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