

Crab Masala Goan Style

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-spicy-crab-masala-recipe>

Ingredients:

- 1 teaspoon red chili powder
- 1 teaspoon turmeric powder
- 1/4 teaspoon salt
- 2 crabs
- 1 cup grated coconut
- 1 onion medium sized
- 1 tomato medium sized
- 5 garlic pods
- 1 teaspoon coriander seeds
- 1/4 teaspoon fenugreek seeds
- 5 black peppercorns
- 2 cloves
- 3 red chillies
- 1 inch tamarind piece of
- 1 teaspoon Garam Masala
- salt to taste

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 10 milligrams
4. Fat: 14 grams
5. Fiber: 5 grams
6. Protein: 4 grams
7. SaturatedFat: 11 grams
8. Sodium: 390 milligrams
9. Sugar: 4 grams

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