

# Indian Yoghurt Curry with Pakoras

Yield: 2 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/spinach-yogurt-indian-recipe>

## Ingredients:

- 1 1/3 cups spinach fresh
- 1 onion small
- 13/16 cup besan (flour) gram flour/
- 1/2 teaspoon mango powder / amchur
- 1/2 teaspoon ground coriander
- 1/2 teaspoon chili powder
- 9/16 cup gram flour
- 1 5/16 cups yoghurt full-fat
- 1/2 teaspoon chili powder
- 1 teaspoon tumeric powder
- 1 teaspoon Garam Masala
- 1 onion
- 4 garlic cloves
- 1 green chili
- 1 teaspoon brown mustard seeds
- 1/2 teaspoon cumin seeds
- 1 cinnamon stick 3 cm long
- 7 curry leaves
- rice for serving

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 15 milligrams
4. Fat: 9 grams
5. Fiber: 12 grams
6. Protein: 22 grams

7. SaturatedFat: 3.5 grams
  8. Sodium: 130 milligrams
  9. Sugar: 19 grams
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