

Air Fryer

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-potatoes-air-fryer-indian-recipe>

Ingredients:

- 2 cups sweet potatoes Boiled, Peeled and Mashed 1 cup is 250 ml
- 3/4 cup carrot finely grated
- 1/2 cup sweet corn steamed
- 1/2 cup capsicum finely chopped
- 1/3 cup green peas Steamed
- 1/2 cup quick cooking oats Or Instant Oats
- 1 tablespoon ginger paste
- 1 1/2 tablespoons oil For Cooking cutlets, 1 tbsp oil is 15 ml
- salt to taste
- 3 tablespoons coriander leaves finely chopped
- 1 teaspoon chilli powder Kashmiri Red, 1 tsp is 5 ml
- 1 1/2 teaspoons garam masala powder
- 1/2 teaspoon turmeric powder
- 1/4 teaspoon chaat masala Powder
- 1/2 teaspoon amchur Powder or Dry Mango Powder

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 31 grams
3. Fat: 6 grams
4. Fiber: 6 grams
5. Protein: 5 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 290 milligrams
8. Sugar: 6 grams

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