

Cabbage Thoran

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 3 tablespoons coconut oil
- 2 teaspoons black mustard seeds
- 2 tablespoons fresh curry leaves chopped
- 1 teaspoon cumin seeds
- 2 chillies dried Kashmiri, each broken into smaller pieces
- 2 inches ginger piece finely grated
- 1/2 teaspoon turmeric
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3 5/8 cups cabbage shredded
- 2 green chillies fresh, sliced
- 1 1/4 cups coconut fresh, grated

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 10 grams
3. Fat: 19 grams
4. Fiber: 4 grams
5. Protein: 2 grams
6. SaturatedFat: 16 grams
7. Sodium: 610 milligrams
8. Sugar: 3 grams

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