

Tinda Masala

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/tinda-aloo-recipe-pakistani>

Ingredients:

- 5 tinda medium sized, apple gourd
- 1 onion small, pureed
- 1 teaspoon garlic paste
- 1 teaspoon ginger paste
- 1 green chili small Chopped
- 3/4 cup tomato puree Homemade
- 1 teaspoon cumin seeds Jeera
- 1/2 teaspoon red chili powder
- 1 1/2 teaspoons coriander powder Coarsely pounded
- 1/4 teaspoon haldi Turmeric powder
- 3/4 cup water
- 1 tablespoon cilantro leaves Chopped, to sprinkle on top
- 2 tablespoons oil /Ghee
- salt to taste

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 16 grams
3. Fat: 7 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 420 milligrams
8. Sugar: 12 grams

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