

# Vegetable Frankie – Kathi Roll

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-indian-kathi-roll-recipe>

## Ingredients:

- 3/4 cup all purpose flour
- 1/4 cup whole wheat flour
- 1/4 teaspoon salt
- 1 tablespoon oil
- 1/3 cup water
- 1/4 cup all purpose flour for rolling
- 1 tablespoon oil for brushing Frankies
- 2 cups cabbage thinly sliced
- 1 cup carrot shredded
- 1/2 cup green peas
- 3/4 cup potatoes mashed
- 1/2 red bell pepper thinly sliced
- 1 cup tomato chopped
- 1 teaspoon ginger finely shredded
- 1 green chili finely chopped
- 2 tablespoons cilantro chopped
- 2 tablespoons oil
- 1 teaspoon cumin seed
- 1 teaspoon salt
- 1/2 teaspoon garam masala

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 45 grams
3. Fat: 15 grams
4. Fiber: 6 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 770 milligrams

8. Sugar: 5 grams

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