

Bottle Gourd Fry / Sorakkai Poriyal

Yield: 2 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-bottle-gourd-recipe>

Ingredients:

- 1 bottle gourd
- 1 teaspoon oil
- 1/4 teaspoon mustard
- 1/2 teaspoon dhal
- 1 onion
- 2 green chili
- 2 red chili
- 1 curry leaves
- 1/2 teaspoon turmeric
- salt – to taste

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 10 grams
3. Fat: 2.5 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. Sodium: 400 milligrams
7. Sugar: 4 grams

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