

# Chow Chow Poriyal

Yield: 2 min  
Total Time: 25 min

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

## Ingredients:

- 1 1/2 cups chow-chow chopped, / chayote squash
- 2 tablespoons grated coconut fresh
- 1/4 teaspoon mustard seeds
- 1/2 teaspoon fennel seeds / sombu
- 1/2 teaspoon urad dal split, / black gram dal, without skin / ulutham paruppu
- 2 red chillies
- 1 pinch turmeric powder
- 1 pinch asafoetida
- 3 curry leaves
- 1 teaspoon oil
- salt to taste

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 2 grams
3. Fat: 6 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 3 grams
7. Sodium: 390 milligrams

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