

Indian-Spiced Vegetable Fritters with Curry-Lime Yogurt

Yield: 12 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/zucchini-recipe-india>

Ingredients:

- 1/2 cup frozen peas
- 1 onion medium, peeled
- 1 russet potato large, peeled
- 1 yam or sweet potato, peeled
- 1 carrots large or 2 thin, peeled
- 1 zucchini
- 4 large eggs
- 4 tablespoons all purpose flour
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 pinch cayenne
- 2 tablespoons peeled fresh ginger minced
- 2 tablespoons fresh cilantro minced
- 2 cups plain yogurt we love the Fage fat-free stuff
- 2 teaspoons curry powder
- 1 teaspoon sugar
- 2 fresh lime juice to taste
- salt
- pepper

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 15 grams

3. Cholesterol: 75 milligrams
4. Fat: 3 grams
5. Fiber: 2 grams
6. Protein: 5 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 120 milligrams
9. Sugar: 4 grams

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