

Kozhikal/Yuca fries

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/yuca-recipe-south-indian-style>

Ingredients:

- 4 cups yuca chopped, /Tapioca root sliced into thin strips
- 1 cup besan / chickpea flour
- 1/4 cup all-purpose flour
- 1 inch ginger
- 1 green chili Thai
- 1 clove garlic
- 2 tablespoons cilantro /coriander leaves
- 1 sprig curry leaves
- 1 teaspoon masala meat
- 1/4 teaspoon turmeric powder
- 1 teaspoon red chili powder
- 1 teaspoon salt
- 1/4 cup water
- peanut oil for frying

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 22 grams
3. Fat: 5 grams
4. Fiber: 4 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 610 milligrams
8. Sugar: 3 grams

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