

Zucchini Thoran (Indian Stir-Fry)

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 2 pounds zucchini squash or a combination, grated
- 2 tablespoons coconut oil
- 1 teaspoon black mustard seeds
- 1 white onion diced
- 2 serrano peppers minced
- 20 fresh curry leaves
- 1 cup grated coconut I use the brand Daily Delight fresh frozen grated coconut
- 1 teaspoon salt
- 1 teaspoon turmeric powder
- 3/8 teaspoon cayenne to taste

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 15 grams
3. Fat: 20 grams
4. Fiber: 6 grams
5. Protein: 4 grams
6. SaturatedFat: 17 grams
7. Sodium: 620 milligrams
8. Sugar: 9 grams

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