DietCloud – Recipe

Recipe Name: Gourd Raita Recipe - Grated Bottle Gourd Yogurt Salad

Diet Type:

Course: Side Dish

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups curd • 1 cup gourd - peel and tighten • 1 cucumber - peel and grind • 1 green - finely chopped • 1 green coriander - little • 1/2 teaspoon cumin powder • salt - as per taste	4

Preparation

- To prepare gourd raita, prepare all the ingredients first.
- Add grated gourd, cucumber, curd, green chillies, salt, cumin powder and coriander in a large bowl.
- Mix well and your raita is ready.
- Serve gourd raita with Garlic Dal, gourd elder greens and phul.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	10	20	5	2	10