

Recipe Name: Dahi Bhindi Recipe - Okra in Yogurt Curry with Caramelized Onions

Diet Type:

Course: Dinner

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
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Preparation

- To begin making the Dahi Bhindi Recipe, we will first roast the Bhindi.
- Heat 2 tablespoons of oil in a Wok or a Kadai; add the chopped onions and the bhindi (okra).
- Keep the pan covered f.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	10	20	15	5	5