

Recipe Name: Bihari Shakarkand Bhujia Recipe - Spicy Sweet Potato Sabzi

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 2 Sweet Potatoes - peeled and cut into thin strips	4
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Cumin seeds (Jeera)	
• 2 Green Chillies - slit into halves	
• 1-1/2 tablespoon Mustard oil	
• Salt - to taste	

Preparation

- To begin making the Bihari Shakarkand Bhujia recipe, wash and peel sweet potatoes.
- And cut them into one inch long stick pieces similar to the one for finger chips.
- Allow it to spl.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	4	60	20	6	10