



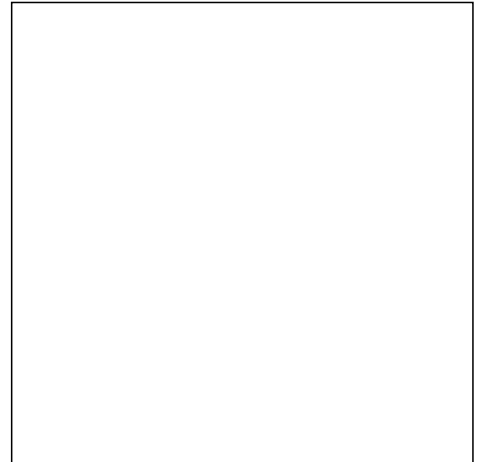
Recipe Name: Masala Karela Recipe

Diet Type:

Course: Side Dish

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 6 Karela (Bitter Gourd/ Pavakkai) - deseeded	6
• Salt - to taste	
• 1 Onion - thinly sliced	
• 3 tablespoon Gram flour (besan)	
• 2 teaspoons Turmeric powder (Haldi)	
• 1 tablespoon Red Chilli powder	
• 2 teaspoons Cumin seeds (Jeera)	
• 1 tablespoon Coriander Powder (Dhania)	
• 1 tablespoon Amchur (Dry Mango Powder)	
• Sunflower Oil - as required	

Preparation

- Do not remove the skin as the skin has all the nutrients.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	3	30	10	4	6