

Recipe Name: Mushroom Thoran Recipe - Mushroom Thoran Recipe

Diet Type: Vegetarian

Course: Lunch

Cuisine: Kerala Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 20 ??? ????? - ????? ?? ??	4
• 1/2 ??? ???? ???? ???? ???? ???? ?	
• 2 ??? ???? ??	
• ??? - ????? ???? ?	
• 4 ??? ???? ???? ? - ?? ??	
• 4 ???? ???? ?	
• 2 ??? ???? ?	
• 5 ??? ???? ?	
• 1/2 ??? ???? ???? ?	
• 1 ???? ???? ?	
• 1 ???? ???? ?	
• 2 ???? ? ? ?	
• 2 ???? ? ? ?	

Preparation

- ????? ???? ?????? ????? ?? ??? ???? ???? ???? ?????? ????? ?? ??.
- ?? ????? ?????, ????? ????? ???? ?? ???? ??.

Macronutrients



Calories (kcal) Protein (g) Carbs (g) Fat (g) Fiber (g) Sugar (g)

