DietCloud – Recipe

Recipe Name: Lauki Bharta (Recipe In Hindi)

Diet Type:

Course: Dinner

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 gourd - grated	4
• 1 onion - big	
• 2 tomatoes	
• 1 tablespoon ginger garlic paste	
• 1 tablespoon cumin seeds	
• 1 tablespoon red chili powder	
• 1/2 tablespoon turmeric powder	
• 1 tablespoon garam masala powder	
• salt - according to taste	
• oil - as per use	
• sugar - a pinch	
• coriander - to garnish	

Preparation

• ???? ???? ????? ?? ??? ???? ???? ???? ?? ??? ?? ?? ??.

• ???? ??? ?? ?? ??.

• ?? ?? ???? ??? ??? ??? ????? ????? ???? ???? ?? 15 ???????? ?? ???? ??.

• ?? ????? ???? ????? ?? ????? ???? ?? 1 ???? ?? ???? ??.

• ???? ?? ??? ?? ???? ?? ?????? ??? ?? ???? ??.

• ????? ??? ???? ?? ???? ???? ????????? ?? ???? ??.

• ????? ??? ????? ???? ?? 3 ?? 4 ???? ?? ???? ??.

Macronutrients

DietCloud – Recipe

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