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## Keema Matar ♦

Keema Matar is a popular Indian dish made with minced meat and peas. It is often served with rice or roti. The dish has a rich and flavorful taste, with spices like cumin, coriander, and garam masala.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	minced meat
200 g	Peas
100 g	onion
100 g	Tomato
10 g	Ginger

10 g	garlic
5 g	green chili
5 g	cumin powder
5 g	coriander powder
5 g	garam masala
5 g	Salt
30 ml	oil
100 ml	Water

## Directions

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### Step 1

Sautéing

Heat oil in a pan and sauté onions until golden brown.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Sautéing

Add ginger, garlic, and green chili to the pan and cook for 2 minutes.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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### Step 3

Frying

Add minced meat to the pan and cook until it is browned.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 4

Simmering

Add tomatoes, cumin powder, coriander powder, garam masala, and salt to the pan.

Cook for 5 minutes.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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### Step 5

Simmering

Add peas and water to the pan. Cover and cook for 10 minutes.

**Prep Time:** 2 mins

**Cook Time:** 10 mins

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### Step 6

Garnish with fresh coriander leaves and serve hot.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 15 g

**Protein:** 25 g

**Carbohydrates:** 15 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	7 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	5 mcg	33.33%	33.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	20 mg	0.59%	0.77%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Cuisines

Indian Italian

### Course

Drinks Salads Soups Snacks Sauces & Dressings

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
Sugar-Free High Vitamin C High Iron High Calcium

### Kitchen Tools

Blender Mixer Oven

### Meal Type

Lunch Dinner Snack Supper

### Difficulty Level

Medium

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