

BITTER GOURD RECIPES

Guava Pineapple Bitter Gourd juice

Servings: 4-6

Ingredients

- 1 cup guava chunks
- 1 cup apple chunks (optional)
- 1 cup pineapple chunks
- 1 cup ice cubes
- 1 cup bitter gourd chunks (any variety of bitter gourd)
- Water
- 2 tbsp of honey (or enough to taste)

Directions

1. Rinse and wash the fruit and bitter gourd thoroughly.
2. Remove the pineapple skin and cut the fruit into small chunks.
3. Cut the bitter gourd open lengthwise and remove the seed and pulp. Cut into chunks.
4. Cut the other fruit into chunks.
5. Put the fruit and bitter gourd in a blender, and then add ice cubes and honey. Add enough water to fill half of the blender volume.
6. Blend twice on high speed. Then, blend continuously on low speed for 2 minutes or until smooth. Serve chilled.

Drinking bitter gourd fresh as a juice retains many of the nutrient and bioactive compounds beneficial for health that may be lost in different cooking methods.

This beverage is not recommended for people with hypoglycemia.

Bitter Gourd Curry

Servings: 2-4

Ingredients

- 2-3 medium-sized bitter gourds, deseeded and cut into thin slices (dark green variety)
- 1 onion, finely chopped
- 2 tomatoes, chopped
- 1 tsp ginger-garlic paste
- 1 tsp cumin seed
- ¼ tsp red chili powder

- ¼ tsp turmeric powder
- ½ tsp coriander powder
- ¼ tsp dried mango powder
- Salt to taste
- 2 tbsp cooking oil
- 1 pinch sugar

Optional: 2-3 green chilies, finely chopped ¼ tsp garam masala (mixed Indian spices)

Directions

1. Heat oil in a pan.
2. Add cumin seed and once it begins to sizzle, add onions and green chilies. Fry onions until tender and brown.
3. Add tomatoes, ginger-garlic paste and dried mango powder.
4. Add red chili powder, turmeric powder, coriander powder and salt. Sauté to blend in the spices and continue cooking until the oil separates.
5. Add salt and sliced bitter gourd, cover and cook for 7-8 minutes or until the bitter gourd is cooked.
6. Sprinkle garam masala on top and serve hot with basmati rice.

Pavarkai Salad

Servings: 2

Preparation time: 30 minutes

Ingredients

100 g	Bitter gourd
50 g	Onion
50 g	Tomato
2 tbsp	Lime juice
¼ tbsp	Chili powder
½ tbsp	Pepper powder and salt to taste
2 tbsp	Chopped coriander leaves

Directions

1. Wash and finely slice the bitter gourd and remove the seeds.
2. Apply the salt on both sides of the bitter gourd. Set aside for 30 minutes and rinse with water twice.
3. Slice the onion and tomato; add to the bitter gourd with chili powder and salt. Mix well.
4. Add the lime juice, coriander and pepper powder to the salad when ready

Nutritional information (per serving)			
Calories	37	Kcal	
		% Daily value*	
Total fat	0	g	1%
Saturated fat	0	g	0%
Trans fat	0	g	
Cholesterol	0	mg	0%
Sodium	70	mg	3%
Total carbohydrate	8	g	3%
Dietary Fiber	3	g	13%
Sugars	2	g	
Protein	2	g	
Micronutrient Highlights			
Vitamin A	1679	IU	34%
Vitamin C	36	mg	93%
Vitamin K	49.1	ug	61%
Folate	55.7	ug	14%
Potassium	371	mg	11%
Manganese	0.3	mg	14%

*percent Daily Values are based on a 2000 calorie diet.

Your daily values may be higher or lower depending on your caloric needs.

Stuffed Karela

Servings: 3

Preparation time: 30 minutes

Ingredients

200 g	Bitter gourd (4 small)
50 g	Onion, finely chopped
50 g	Tomato, finely chopped
½ tsp	ginger, grated
½ tsp	Garlic, crushed
1 tsp	red chilli powder
1 tsp	Coriander powder
¼ tsp	Turmeric powder
75 g	Peanuts, crushed
¼ tsp	Cumin seeds
2 tsp	Vegetable oil
Salt to taste	

Directions

1. Scrape bitter gourds lightly and slit lengthwise along each gourd. Remove seeds and pulp.
2. Coat bitter gourds thoroughly with salt and keep aside for 1 hour. Then, wash bitter gourds well under running water. Pat dry on kitchen towel.
3. Heat oil, add cumin seeds. Once it crackles, then add onions and cook until translucent in color.
4. Add ginger, garlic paste and mix well. Then add tomatoes, all dry powders and salt.
5. Cover and cook until the stuffing thickens, then add ground peanut. Fill each bitter gourd with the stuffing.
6. Using a small amount of oil lightly fry bitter gourd until crispy and golden brown. The dish is ready to be served.

Nutritional information (per serving)			
Calories	255	kcal	
		% Daily value*	
Total fat	22	g	34%
Saturated fat	2	g	12%
Trans fat	0	g	
Cholesterol	0	mg	0%
Sodium	211	mg	9%
Total carbohydrate	12	g	4%
Dietary Fiber	4	g	
Sugars	4	g	
Protein	7	g	
Micronutrient Highlights			
Vitamin C	28.6	mg	48%
Vitamin E	3.7	mg	19%
Vitamin K	13.3	ug	17%
Thiamin	0.2	mg	11%
Niacin	3.8	mg	19%
Folate	76.3	ug	19%
Iron	1.4	mg	8%
Magnesium	62.1	mg	16%
Phosphorus	130	mg	13%
Potassium	478	mg	14%
Zinc	1.5	mg	10%
Manganese	0.3	mg	13%

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Karela Roll

Servings: 3

Preparation time: 30 minutes

Ingredients

For Roti

100 g	Wheat flour
½ tsp	Salt
Water to knead the dough	

For Filling

250 g	Bitter gourd
50g	Onion
50 g	Tomato
½ tsp	Chili powder
½ tsp	Garam masala
1 tbsp	Oil
Waters as needed	
Salt to taste	

Directions

For Roti

1. Mix flour and salt together, gradually add water to form soft yet firm dough. Cover and let the dough rest.
2. Make dough bolls of even size (lemon sized). Dust the working surface with flour and roll out the dough into flat circles.
3. Heat a frying pan, place the flattened dough and let it cook lightly on both sides until cooked.
4. Prepare all the rotis and place them in a casserole to keep soft before serving.

For Filling

1. Cut bitter gourds lengthwise and remove seeds and pulp. Cut into small pieces.
2. In a frying pan, heat oil and fry onion until it turns light brown in colour. Add ginger and garlic paste. Finally, add tomato and cook well.
3. When the filling is thoroughly cooked, add salt, chilli powder and garam masala. Mix well and add cooked bitter gourd.
4. Place 3-4 tbsps bitter gourd filling in the middle of the roti and roll the roti tightly to form a roll. Serve hot. Enjoy!

Nutritional information (per serving)			
Calories	37	Kcal	
		% Daily value*	
Total fat	0	g	1%
Saturated fat	0	g	0%
Trans fat	0	g	
Cholesterol	0	mg	0%
Sodium	70	mg	3%
Total carbohydrate	8	g	3%
Dietary Fiber	3	g	13%
Sugars	2	g	
Protein	2	g	
Micronutrient Highlights			
Vitamin C	32.4	mg	54%
Vitamin K	8.2	ug	10%
Folate	47.6	ug	12%
Calcium	12.4	mg	12%
Iron	2.1	mg	12%
Potassium	357	mg	10%
Manganese	0.3	mg	15%
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Bitter Gourd Finger Chips

Servings: 3

Preparation time: 25 minutes

Ingredients

300 g	Bitter gourd
1	Fresh green chilli, cut in half
3 tsp	Vinegar
¼ tsp	Chilli powder
1 tsp	Vegetable oil
Salt to taste	

Directions

1. Cut bitter gourd lengthwise, remove seeds and cut into thin pieces.

2. Add vinegar, salt, chilli powder and green chilli. Mix well and set aside for 15 minutes. Drain excess liquid.
3. Heat oil in a pan and fry the bitter gourd pieces until they are cooked on the inside and crispy on the outside. Let cool before serving.

Variation: lemon juice could be used instead of vinegar.

Nutritional information (per serving)			
Calories	68	kcal	
		% Daily value*	
Total fat	5	g	8%
Saturated fat	0	g	2%
Trans fat	0	g	
Cholesterol	0	mg	0%
Sodium	74	mg	3%
Total carbohydrate	6	g	2%
Dietary Fiber	2	g	
Sugars	3	g	
Protein	1	g	
Micronutrient Highlights			
Vitamin C	69.5.6	mg	116%
Vitamin K	10.5	ug	13%
Folate	54.7	ug	14%
Potassium	374	mg	11%

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Mixed Vegetable Curry

Servings: 3

Preparation time: 30 minutes

Ingredients

100 g	Bitter gourd
50 g	Carrot
50 g	Green peas
50 g	Cauliflower
100 g	Onion
2	Tomato
2 tsp	Vegetable oil
1 tsp	Red chilli powder

1 tsp	Coriander powder
1 tsp	Ginger paste
2 tsp	Garlic paste
½ tsp	Turmeric powder
5 g	Green chillies
½ tsp	Cumin seeds
A few coriander leaves	
Salt to taste	

Directions

1. Cut bitter gourds lengthwise and remove seeds
2. Dice carrots, beans, bitter gourds, and cauliflower.
3. Chop onion, green chilies, green coriander and puree the tomato
4. Heat oil in a frying pan and add cumin seeds.
5. Add green chillies and onion once the cumin seeds crackle and fry the onion to a light brown colour.
6. Add ginger paste, garlic paste along with the powdered spices. Mix thoroughly.
7. Cook on high heat until the curry bubbles, then turn to low heat and simmer for 1 minute.
8. Add tomato and other vegetables. Continue simmering until the oil leaves the masala.
9. Garnish with green coriander and serve with paratha or chappathi

Nutritional information (per serving)			
Calories	157	kcal	
		% Daily value*	
Total fat	10	g	5%
Saturated fat	1	g	15%
Trans fat	0	g	
Cholesterol	0	mg	0%
Sodium	295	mg	4%
Total carbohydrate	15	g	3%
Dietary Fiber	4	g	
Sugars	4	g	
Protein	3	g	
Micronutrient Highlights			
Vitamin A	3739	IU	75%
Vitamin C	35.0	mg	58%
Vitamin E	2.2	mg	11%
Vitamin K	43.9	ug	55%
Folate	51.9	ug	13%
Iron	2.0	mg	11%
Potassium	445	mg	13%
Manganese	0.4	mg	21%

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Amla Bitter Gourd Juice

Servings: 3

Preparation time: 10 minutes

Ingredients

150 g	Amla (5 fruits)
75 g	Bitter gourd
½ tsp	Sugar
½ tsp	Salt
200 ml	Drinking water

Directions

1. Cut the amla and bitter gourd into pieces, place in the blender and blend until smooth.
2. Sieve the juice and discard the remains.
3. Add sugar and salt to the juice, mix well and serve.

Variation: Honey can be used instead of sugar to sweeten the taste.

Nutritional information (per serving)			
Calories	29	kcal	
		% Daily value*	
Total fat	0	g	1%
Saturated fat	0	g	0%
Trans fat	0	g	
Cholesterol	0	mg	0%
Sodium	392	mg	16%
Total carbohydrate	7	g	2%
Dietary Fiber	3	g	11%
Sugars	1	g	
Protein	1	g	
Micronutrient Highlights			
Vitamin C	34.9	mg	58%

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Bitter Gourd Juice

Servings: 3

Preparation time: 20 minutes (soaking time: 15 minutes)

Ingredients

100g	Bitter gourd
1	Lemon
½ tsp	Salt
½ tsp	Turmeric powder
250ml	Drinking water

Directions

1. Wash the bitter gourd thoroughly and cut it into small pieces. Remove the seeds and inner pith.
2. Soak the cut pieces in water with salt and turmeric powder for 15 minutes. Discard the salt water.
3. Cut the lemon in half and juice or squeeze out the juice. Set aside.
4. Blend the bitter gourd pieces and water in the mixer until smooth.
5. Sieve the mixture, add lemon juice and serve cold.

Nutritional information (per serving)

Calories	12	Kcal	
		% Daily Value*	
Total fat	0	g	0%
Saturated fat	0	g	0%
Trans fat	0	g	
Cholesterol	0	g	0%
Sodium	393	mg	16%
Total carbohydrate	3	g	1%
Dietary Fiber	1	g	6%
Sugars	0	g	
Protein	1	g	
Micronutrient Highlights			
Vitamin C	36	mg	61%

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Bitter Gourd Fried Rice

Servings: 4

Preparation time: 20 minutes

Ingredients

- 250g bitter gourd, chopped
- 1 tbsp vegetable oil
- 50 g tomato
- ½ tsp mustard seeds
- Curry leaves – a few
- 1 tsp chilli powder
- ½ tsp coriander powder
- ½ tsp Garam masala powder
- 200 g steamed rice with cumin seeds
- 2 tbsp coriander leaves, chopped

Directions

1. Heat the oil in a kadhai (Wok) and add mustard seeds. Add curry leaves when the seeds begin to crackle and cook for a few seconds.
2. Add the chopped bitter gourds and tomato, fry for a few more seconds.
3. Add the chilli powder, coriander powder and garam masala powder. Mix well and cook on medium heat until the bitter gourd becomes soft.
4. Add cooked rice, mix thoroughly and cook for 1 minute. Now it is ready to be served hot.

Nutritional information (per serving)

Calories	118	Kcal	
		% Daily Value*	
Total fat	4	g	6%
Saturated fat	0	g	2%
Trans fat	0	g	
Cholesterol	0	g	0%
Sodium	14	mg	1%
Total carbohydrate	19	g	6%
Dietary Fiber	2	g	8%
Sugars	2	g	
Protein	2	g	
Micronutrient Highlights			
Vitamin C	36	mg	41%
Vitamin K	8.9	µg	11%
Folate	65.1	µg	16%
Iron	1.6	mg	9%
Manganese	0.4	mg	19%

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Bitter Gourd Noodle

Servings:3

Preparation time: 15 minutes

Ingredients

150 g	bitter gourd
1	packet of noodles
25 g	cabbage
50 g	carrot
50 g	green pepper, sliced
20 g	tomato
2 tsp	tomato sauce (optional)
½ tsp	soya sauce (optional)
1 tbsp	vegetable oil
Salt to taste	

Directions

1. Cut bitter gourd into thin slices and remove the seeds.
2. Heat oil in a frying pan and fry the bitter gourd slices. Set aside.
3. In a small saucepan, cook the noodles as directed on the noodle pack.
4. Heat oil in a frying pan and on medium heat, stir-fry all the vegetables for 3 minutes.
5. Add tomato sauce, soya sauce, salt, noodles and fried bitter gourd. Mix thoroughly and serve hot.

Nutritional Information (per serving)		
Calories	205k cal	% Daily value *
Total fat	13 g	20 %
Saturated fat	2 g	8%
Trans fat	0 g	-
Cholesterol	0 mg	0%
Sodium	161mg	7%
Total Carbohydrate	21 g	7%
Dietary Fiber	3 g	12%
Sugars	3 g	-
Protein	3 g	
Micronutrient High lights		
Vitamin A	3031 IU	61%
Vitamin C	34.6 mg	58%
Vitamin E	2.1 mg	11%
Vitamin K	20.7 µg	26%

Thiamin	0.2 mg	14%
Folate	58.3 µg	15%
Iron	1.7 mg	9%
Manganese	0.5 mg	24%
Selenium	11.8 µg	17%

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Pineapple Bitter Gourd Soup

Servings:6

Preparation time: 25 minutes

Ingredients

100 g	pineapple
100 g	bitter gourd
1 tbsp	fresh ginger
1	green chilli
500 ml	water
Juice from 2 limes	
1 tbsp	vegetable oil
1 1/2 tsp	cumin seeds
Salt to taste	
1 tbsp	coriander leaves

Directions

1. In a medium saucepan, add water, pineapple, bitter gourd and salt. Place over low heat.
2. Grind the ginger and green chilli in a blender or chop finely.
3. When the water boils, add the ground mixture into the soup. Add coriander leaves and remove saucepan from heat. Add lime juice.
4. In a small pan, heat oil over medium heat and add cumin seeds. Fry until golden colour and add to the soup as a garnish.

Nutritional Information (per serving)		
Calories	40 k cal	% Daily value *
Total fat	2g	4 %
Saturated fat	0g	1%
Trans fat	0 g	-
Cholesterol	0mg	0%
Sodium	201 mg	8%
Total Carbohydrate	5g	2%
Dietary Fiber	1 g	3%

Sugars	2 g	-
Protein	1g	
Micronutrient High lights		
Vitamin C	27.8 mg	46%
Vitamin K	14.3 µg	18%
Manganese	0.2 mg	11%

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