Bhel with Sprouts

Source: Recipe by Archana Saraf

A popular Indian dish for snacking or a light meal.

About the Recipe

125 Calories · 3 g Protein · 4 g Fiber
Snack

Ingredients

Makes 4 Servings

- 3 c (14 g) puffed rice or kurmura
- 3/4 c (42 g) green moong (bean) sprouts
- 1/2 c (39 g) finely chopped red onion
- 2 green chilies or 1/2-1 serrano pepper, minced
- 1/2 c (8 g) cilantro, chopped
- 3/4 c (105 g) boiled and finely diced potatoes
- 3/4 c (67 g) grated carrot
- 3/4 c (89 g) thinly sliced cucumber
- 1/2 c (100 g) very finely chopped tomato
- 1/4 tsp (1.2 mL) chaat masala **optional*
- 1/2 tsp (2.5 mL) red chili powder
- 1 tsp (5 mL) lemon/lime juice
- Iodized salt **optional*
- 4 dates, soaked in water about 15 minutes until soft and seeded
- 1 tsp (5 mL) tamarind extract

Directions

1. In a bowl, add sprouts, chili powder, chaat masala, and salt (if using) and stir to combine.
2. Steam these sprouts for 2-3 minutes. Set aside to cool completely.
3. To put together the bhel, in a large bowl mix all the ingredients including spices, cooled steamed sprouts, and date-tamarind chutney. Add salt to taste.

Nutrition Facts

Per serving (1/4 of recipe)

Calories: 125
Fat: 3 g
    Saturated Fat: 0 g
    Calories from Fat: 3%
Cholesterol: 0 mg
Protein: 3 g
Carbohydrates: 29 g
Sugar: 9 g
Fiber: 4 g
Sodium: 175 mg
Calcium: 33 mg
Iron: 1 mg
Vitamin C: 67 mg
Beta Carotene: 2,101 mcg
Vitamin E: 0.5 mg
Potassium: 455 mg