Sprouted Mung Bean Chaat

Source: Vegan Kickstart

This delicious and nutritious chaat will certainly spice up your taste buds.

About the Recipe

51 Calories · 3 g Protein · 3 g Fiber
Snack

Ingredients

Makes 4 Servings

- 3 c (312 g) sprouted mung beans
- 1 tomato, chopped
- 1 red onion, finely diced
- 1/2 bunch cilantro, chopped
- 1 green chili, seeded and minced
- 3 tbsp (45 mL) fresh lemon juice
- 1 tsp (5 mL) dried mint (optional) **optional*
- 1/2 tsp (2.5 mL) ground cumin
- 1/8 tsp (0.6 mL) ground red pepper
- 1/4 tsp (1.2 mL) ground black pepper
- 1/4 tsp (1.2 mL) iodized salt

Directions

1. Rinse the chilled mung beans under cold running water, drain well.
2. In a large bowl, toss the mung beans with all the remaining ingredients. Adjust salt as needed.

Nutrition Facts

Per serving (1/4 of recipe):

Calories: 51

Fat: 0.4 g

- Saturated Fat: 0g
- Calories From Fat: 6%

Cholesterol: 0 mg

Protein: 3 g

Carbohydrate: 11 g

Sugar: 5 g

Fiber: 3 g

Sodium: 157 mg

Calcium: 28 mg

Iron: 1 mg

Vitamin C: 51 mg

Beta-Carotene: 352 mcg

Vitamin E: 0.4 mg

Potassium: 329 mg