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

- puffed rice or kurmura (3 cups)
- green moong (bean) sprouts (3/4 cup)
- finely chopped red onion (1/2 cup)
- green chilies or 1/2-1 serrano pepper, minced (2)
- cilantro, chopped (1/2 cup)
- boiled and finely diced potatoes (3/4 cup)
- grated carrot (3/4 cup)
- thinly sliced cucumber (3/4 cup)
- very finely chopped tomato (1/2 cup)
- chaat masala (1/4 teaspoon)
- red chili powder (1/2 teaspoon)
- lemon/lime juice (1 teaspoon)
- salt (to taste)
- dates, soaked in water about 15 minutes until soft and seeded (4)
- tamarind extract (1 teaspoon)

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