Sprouted Mung Bean Chaat

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

- chilled sprouted mung or other beans (3 cups)
- large ripe tomato, cut into 1/3-inch dice (1)
- medium red onion, cut into 1/4-inch dice (1)
- chopped coriander leaves (1/3 cup)
- green chili, seeded and minced (1)
- fresh lemon juice (3 tablespoons)
- dried mint (1 teaspoon)
- ground cumin powder (1/2 teaspoon)
- red pepper powder (1/8 teaspoon)
- freshly ground black pepper (1/4 teaspoon)
- salt (to taste)

Directions

1. Rinse the mung beans under cold running water, drain well.
2. In a large bowl, toss the mung beans with all of the remaining ingredients.

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
Carbohydrates: 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