

# Whole wheat Pav and Bhaji – Indian Street food

Yield: 4 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/wheat-onion-pakora-indian-recipe>

## Ingredients:

- 4 wheat
- 2 teaspoons yeast
- 1 cup milk
- 3 tablespoons water
- 3 teaspoons sugar
- 3 tablespoons oil
- 1 teaspoon salt
- 7 ounces potatoes
- 2 3/4 cups cauliflower
- 1 13/16 cups carrots
- 11/16 cup peas
- 1 1/3 cups capsicum
- 1 3/8 cups beans
- 2/3 pound onions
- 1 ginger garlic paste
- 1 teaspoon cumin seeds
- 9/16 pound tomatoes
- 1/2 cup coriander leaves
- salt – to taste
- 3 tablespoons masala
- 2 tablespoons chili powder
- 4 cups water

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 5 milligrams

4. Fat: 13 grams
5. Fiber: 13 grams
6. Protein: 12 grams
7. SaturatedFat: 2 grams
8. Sodium: 940 milligrams
9. Sugar: 21 grams

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