

Bhang Pakora

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/bhang-recipe-india>

Ingredients:

- leaves Bhang, – handful, tender, or use 1 tsp Bhang Seed Powder
- 1 potato
- 1 onion
- 1 brinjal
- 1 cup cauliflower
- 1 cup gram flour
- 2 teaspoons chilli powder
- oil as required
- salt as per taste
- 1/2 teaspoon mango powder
- 1/4 teaspoon pomegranate seeds
- coriander leaves – small handful, finely chopped
- 1/4 teaspoon cumin seeds optional
- water as required

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 22 grams
3. Fat: 5 grams
4. Fiber: 7 grams
5. Protein: 4 grams
6. Sodium: 220 milligrams
7. Sugar: 5 grams

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