

Onion Bhaji

Yield: 12 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/onion-bhaji-recipe-veg-recipes-of-india>

Ingredients:

- 3/4 cup chickpea flour gram flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 3/4 teaspoon Garam Masala
- 1/2 teaspoon chili powder
- 1 teaspoon table salt
- 6 tablespoons water or more
- 2 onions thinly sliced – I use a mix of red and yellow
- 2 tablespoons cilantro chopped – optional
- 2 cups corn canola, or sunflower oil for frying

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 10 grams
3. Fat: 0.5 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. Sodium: 230 milligrams
7. Sugar: 2 grams

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