

Dahi Vada (Dahi Bhalla)

Yield: 4 min
Total Time: 410 min

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

Ingredients:

- 1 cup lentils Urad Dal, black gram, without skin
- 1/2 tablespoon green chilli crushed Ginger-, optional
- oil for deep frying
- salt to taste
- 4 cups lukewarm water
- 3 1/2 cups curd yogurt
- 1 tablespoon chilli powder
- 2 tablespoons cumin powder Roasted
- 1 tablespoon black pepper Powder, optional
- 1/4 cup coriander leaves finely chopped
- 1/4 cup chutney Sweet Chutney, date tamarind
- 3 tablespoons powdered sugar or to taste, optional

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 85 milligrams
4. Fat: 33 grams
5. Fiber: 16 grams
6. Protein: 24 grams
7. SaturatedFat: 15 grams
8. Sodium: 620 milligrams
9. Sugar: 20 grams

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