

SUPER CRISP MOONG DAL VADA/AHMEDABADI MOONG DAL VADA

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/india-moong-dal-rice-recipe>

Ingredients:

- 1 tablespoon urad dal
- 1 tablespoon rice
- 1 tablespoon coriander seeds
- 7 black pepper corns
- 1 salt
- 1 teaspoon red chilly powder
- 1 finely chopped onions
- 2 teaspoons chopped ginger
- 2 teaspoons chopped green chilies
- 4 green chilies
- oil for deep frying – Sufficient enough
- 1 moong dal – Wash, urad dal and rice well and soak for 2 hours
- 2 coriander seeds Ground coarsely, and black pepper corns
- 3 onions Chop finely, fresh coriander, green chilies, and ginger

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 17 grams
3. Fat: 5 grams
4. Fiber: 4 grams
5. Protein: 2 grams
6. Sodium: 210 milligrams
7. Sugar: 7 grams

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