

Poha Chivda / Mixture

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-chivda-recipe>

Ingredients:

- 3 cups poha flattened rice flakes
- 1/2 cup peanut
- 1/2 cup chana dal
- 1/4 cup raisin
- 4 red chili dry
- 4 sprigs curry leaf
- 1/4 teaspoon turmeric powder
- 3 tablespoons sugar
- 1/4 teaspoon cumin seed optional
- 1/4 teaspoon mustard seed
- 1 1/2 tablespoons oil
- salt as needed

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 44 grams
3. Fat: 16 grams
4. Fiber: 9 grams
5. Protein: 11 grams
6. SaturatedFat: 2 grams
7. Sodium: 210 milligrams
8. Sugar: 24 grams

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