

Punjabi Kadhi

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- flour Besan, gram, 1 cup
- 2 onions
- 1 potato
- 1 teaspoon chili powder
- salt to taste
- 1 cup yoghurt
- flour Besan, Gram, 2 tbsp
- 1 teaspoon turmeric
- methi dana, fenugreek seeds - 1 tsp
- 2 pieces red chillies
- salt to taste

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 5 milligrams
4. Fat: 2 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. SaturatedFat: 1 grams
8. Sodium: 420 milligrams
9. Sugar: 5 grams

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