

Kanda Poha or Pohay or Onion Poha

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 2 cups poha thick, thick White Beaten or flattened rice
- 1/2 cup chopped onion
- 1/4 cup peanuts
- 1/4 cup coconuts sliced dry
- 3 green chili chopped
- 5 leaves curry
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon cumin seeds
- 1 pinch asafetida or hing
- 1 teaspoon turmeric powder
- salt as per taste
- 1/2 lemon juice
- coriander leaves chopped
- 2 tablespoons oil
- 1 teaspoon sugar optional

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 16 grams
3. Fat: 13 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 200 milligrams
8. Sugar: 9 grams

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