

Besan Chilla

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-omelette-indian-recipe-calorie>

Ingredients:

- 2 cups besan chickpea flour
- 2 cups water adjust to get the required consistency
- 1/4 cup button mushrooms finely chopped
- 1 small onion finely chopped
- 1 small tomato finely chopped
- 1 tablespoon capsicum finely chopped
- 1 tablespoon mung bean sprouts
- 1 green chili finely chopped
- 2 tablespoons coriander leaves finely chopped
- 1/2 teaspoon seeds carrom
- 1/2 teaspoon cumin powder
- 1/2 teaspoon coriander powder
- 1/4 teaspoon red chili powder optional
- 1/4 teaspoon turmeric powder
- salt as per taste
- oil as required optional, if using non stick pan

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 29 grams
3. Fat: 9 grams
4. Fiber: 6 grams
5. Protein: 11 grams
6. SaturatedFat: 1 grams
7. Sodium: 230 milligrams
8. Sugar: 7 grams

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