

SABUDANA KHICHDI | HOW TO MAKE SABUDANA KHICHDI

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 1/2 cups sago pearls or Sabudana
- 1 1/2 cups water
- 2 tablespoons ghee or Butter or Oil
- 1 teaspoon cumin seeds or Jeera
- 2 potatoes cut into small cubes
- 2 curry leaves sprig
- 1 tablespoon ginger grated
- 2 green chilies chopped, adjust to taste
- 3 tablespoons cashews
- 2 tablespoons peanuts or ground nuts
- 1 1/2 tablespoons lemon juice
- 3 tablespoons cilantro leaves finely chopped
- salt
- namak

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 75 grams
3. Fat: 12 grams
4. Fiber: 4 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 400 milligrams
8. Sugar: 5 grams

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