

Veg Momos

Yield: 17 min
Total Time: 40 min

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

Ingredients:

- 1 cup all purpose flour /maida
- 3/4 cup water
- salt
- 1 1/2 cups veggies finely chopped, carrot,green bell pepper,cabbage,baby corn
- 7 spring onion bulbs save greens for garnishing, optional
- 1 onion small, sliced thin
- 1 tomato small, pureed
- 3 garlic pod,crushed
- 1/2 teaspoon ginger grated
- 1 teaspoon chilli flakes
- 1 teaspoon sugar
- salt
- pepper
- oil

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 8 grams
3. Fat: 1.5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. Sodium: 95 milligrams
7. Sugar: 1 grams

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