

Nagpuri Vada Bhat

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 100 grams split chickpeas ½ Cup=
- 2 tablespoons yellow lentils Petite
- 2 tablespoons orange lentils
- 2 tablespoons pigeon peas split
- 2 tablespoons black gram Split and dehusked
- 2 tablespoons green gram
- 2 tablespoons moth beans
- 1/4 teaspoon fenugreek seeds
- 200 grams rice 1 Cup=
- 1/2 teaspoon seeds Carom
- 1 1/2 inches ginger root
- 1/2 teaspoon cumin seeds
- 1 teaspoon red chili powder
- salt
- 4 green chilies
- 1/4 cup coriander leaves fresh
- 6 curry leaves 5-
- 1 teaspoon mustard seeds
- 1/4 teaspoon asafoetida powder
- 1/4 teaspoon turmeric powder
- 6 dry red chilies 5-
- cooking oil

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 48 grams
3. Fat: 8 grams
4. Fiber: 10 grams
5. Protein: 12 grams

6. SaturatedFat: 0.5 grams
 7. Sodium: 220 milligrams
 8. Sugar: 6 grams
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