

# Puri for Pani Puri

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-pani-puri-masala-recipe>

## Ingredients:

- 1 cup semolina Rava / Suji
- 3 tablespoons wheat flour Fine, Maida
- 1/4 teaspoon baking powder
- salt to Taste
- oil to deep fry

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 35 grams
3. Fat: 6 grams
4. Fiber: 2 grams
5. Protein: 6 grams
6. Sodium: 230 milligrams

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