

Sabudana Khichdi

Yield: 4 min

Total Time: 260 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-of-mexican-khichdi>

Ingredients:

- 1 cup sago pearls Sabudana, Tapioca
- 1 cup water to soak sabudana
- 1 tablespoon oil
- 1 tablespoon peanuts Raw
- 1 potato large, peeled, rinsed and cut in cubed
- 8 leaves curry leaves
- 1/2 teaspoon cilantro leaves Dried
- 1/2 teaspoon crushed red chili flakes
- salt to taste, use Sendha namak, Himalayan salt if fasting

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 43 grams
3. Fat: 4.5 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. Sodium: 200 milligrams
7. Sugar: 2 grams

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