

# Dal Seekh Kabab

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/seekh-kabab-indian-recipe-vahrehvah>

## Ingredients:

- 1/2 cup chana dal
- 1/2 cup dal moong dal, masoor dal
- 1/2 cup potato boiled,grated
- 1 onion grated
- 2 green chillies minced
- 2 tablespoons chopped coriander
- 1/2 teaspoon kasuri methi
- 1 1/2 teaspoons ginger garlic paste
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1/2 teaspoon turmeric powder
- 1 teaspoon chilli powder
- 1 teaspoon garam masala powder
- 1 teaspoon chaat masala
- 2 tablespoons gram flour besan, roasted
- salt to taste
- oil for brushing

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 41 grams
3. Fat: 7 grams
4. Fiber: 14 grams
5. Protein: 13 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 210 milligrams
8. Sugar: 6 grams

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