

Spicy mixture ~ South Indian Trail mix | Diwali

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-food-poha-recipe>

Ingredients:

- 4 cups chickpea flour or besan
- 1 cup rice flour
- 1 teaspoon red chili powder or cayenne powder
- salt to taste
- oil for deep frying
- 1/2 cup poha or aval or flattened rice flakes
- 1/4 cup bengal gram or pottu kadalai, roasted
- 1/4 cup peanuts roasted unsalted
- 1/4 cup leaves curry
- 1 teaspoon asafetida or hing
- 1 teaspoon red chili powder or cayenne powder
- salt to taste

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 97 grams
3. Fat: 17 grams
4. Fiber: 15 grams
5. Protein: 28 grams
6. SaturatedFat: 2 grams
7. Sodium: 470 milligrams
8. Sugar: 13 grams

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