

Flaxseed Gun Powder

Yield: 2 min
Total Time: 10 min

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

Ingredients:

- 3/4 cup flax seeds
- 1/4 cup moong dal
- 1/4 cup channa dal
- 8 red chillies
- 1 tablespoon sesame seeds
- 1/4 teaspoon oil
- asafoetida
- salt

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 32 grams
3. Fat: 26 grams
4. Fiber: 19 grams
5. Protein: 15 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 450 milligrams
8. Sugar: 4 grams

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