

# South Indian Vegetable Bonda

Yield: 12 min  
Total Time: 110 min

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

## Ingredients:

- 1/2 cup chana dal
- 1 cup water
- 1 green chili
- 1/2 teaspoon asafoetida powder
- 1/2 cup cauliflower small florets
- 1/4 cup green peas
- 1/4 cup sweet corn kernels
- 1 shallot diced
- 4 curry leaves
- 1 teaspoon salt
- 1/8 cup cilantro chopped

## Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 8 grams
3. Fat: 0.5 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. Sodium: 200 milligrams
7. Sugar: 1 grams

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