

# Sabudana Khichdi (Spicy Tapioca)

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/tapioca-recipe-north-indian-style>

## Ingredients:

- 1 1/2 cups tapioca sabudana
- 1/2 cup peanuts broken raw, mungfali
- 1/2 cup green peas hari matar
- 2 green chilies sliced long ways
- 3 tablespoons oil
- 1/2 teaspoon cumin seeds jeera
- 1/2 teaspoon mustard seeds
- 1/4 teaspoon turmeric haldi
- 1 teaspoon salt adjust to taste
- 1 tablespoon lemon juice
- 2 tablespoons chopped cilantro finely, hara dhania

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 59 grams
3. Fat: 20 grams
4. Fiber: 4 grams
5. Protein: 6 grams
6. SaturatedFat: 2 grams
7. Sodium: 600 milligrams
8. Sugar: 5 grams

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