



## Apple Puran Poli

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



165 kcal

SIDE DISH

### Ingredients

- ☐ 1 cup all purpose flour (Maida)
- ☐ 1 apples sweet grated (Be Sure To Check That It's )
- ☐ 0.5 Teaspoon ground cardamom
- ☐ 2 Teaspoons ghee
- ☐ 4 servings powdered dhalia as needed
- ☐ 0.3 to) grated crumbled

### Equipment

- ☐ bowl

- ☐ frying pan
- ☐ stove
- ☐ microwave

## Directions

- ☐ Combine all purpose flour, salt and water to form a ball of dough, just like chapathi dough. Then add the ghee and knead it thoroughly. Cover the dough and let it sit for at least one hour.
- ☐ Cut the top and bottom of the apple.Slice the apple.Peel the skin.Grate the apple slices.For the halwa/puran, add the ghee in a microwave safe bowl and the grated apples, cook it for 2 minutes.Then add the sugar and khoa to the cooked apples.Cook it for another 3 minutes or until you don't smell raw apples. Alternatively you can prepare this on stove top also.
- ☐ Add 2 teaspoons of ghee in a frying pan and sauteed the grated apples, until they are cooked well. Then add the sugar, let it dissolve and then add the khoya and combine it together. If this mixture is a bit watery add some more khoya or the powdered dhalia, so that the stuffing will hold together properly.Apple puran and all purpose flour dough.Now divide the dough into 4 equal size balls. Also take 4 equal portions of the stuffing. Make the stuffing smaller in size than the dough. Eat the rest of the halwa just like that. Everybody will ask for more.
- ☐ Roll the dough into a small circle.
- ☐ Place one portion of the stuffing on the the rolled out dough.Cover the stuffing using the dough.Press the tip of the dough and flatten it into a disc.
- ☐ Roll out the stuffed dough into a circle, like roti.Meanwhile pre heat the tava (griddle).
- ☐ Place the poli on the hot tava, cook it on both sides, applying little ghee.

## Nutrition Facts



## Properties

Glycemic Index:48.75, Glycemic Load:19.09, Inflammation Score:-3, Nutrition Score:5.4617391202761%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg

Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg  
Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate:  
0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate:  
0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol:  
0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg,  
Quercetin: 1.82mg

**Nutrients (% of daily need)**

Calories: 165.09kcal (8.25%), Fat: 3.16g (4.86%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 30.68g (10.23%), Net  
Carbohydrates: 28.68g (10.43%), Sugar: 5.2g (5.78%), Cholesterol: 7.38mg (2.46%), Sodium: 4.91mg (0.21%),  
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.29%), Vitamin B1: 0.26mg (17.09%), Selenium: 10.76µg  
(15.37%), Manganese: 0.3mg (14.97%), Folate: 58.92µg (14.73%), Vitamin B2: 0.18mg (10.51%), Vitamin B3: 1.9mg  
(9.48%), Iron: 1.54mg (8.58%), Fiber: 2.01g (8.02%), Phosphorus: 47.02mg (4.7%), Copper: 0.06mg (2.95%),  
Potassium: 98.31mg (2.81%), Vitamin C: 2.23mg (2.7%), Magnesium: 10.58mg (2.64%), Zinc: 0.29mg (1.93%), Vitamin  
B5: 0.19mg (1.88%), Vitamin B6: 0.04mg (1.8%), Calcium: 17.57mg (1.76%), Vitamin K: 1.12µg (1.06%)