

Bhel Poori

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

Ingredients

- 0.5 cup cilantro leaves coarsely chopped
- 1 lb mangos green pitted peeled cut into 1/4-inch dice (preferably)
- 8 servings mint-cilantro chutney spread shopping list
- 0.8 cup onion finely chopped
- 2 oz indian puffed rice
- 8 servings tamarind sweet
- 1.5 lb tomatoes drained cut into 1/4-inch dice (1 1/4 cups), then in a sieve 20 minutes
- 2 cups rice vinegar crispy thin (chickpea noodle pieces;)

0.5 lb potato white boiling

Equipment

bowl

sauce pan

colander

Directions

Peel potatoes and cover with by 1 inch in a 2- to 3-quart saucepan, then boil, uncovered, until just tender.

Drain in a colander. When potatoes are cool enough to handle, cut into 1/4-inch dice.

Just before serving, stir together potatoes and remaining ingredients except chutneys in a large bowl, then stir in 1/2 cup tamarind chutney and 2 tablespoons cilantro and mint chutney.

Serve immediately with remainder of chutneys on the side.

*Available at Indian groceries and Kalustyan's (800-352-3451; kalustyans.com).

Nutrition Facts

 **PROTEIN 8.46%** **FAT 4.31%** **CARBS 87.23%**

Properties

Glycemic Index:38.72, Glycemic Load:8.37, Inflammation Score:-8, Nutrition Score:10.910869473996%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 118.64kcal (5.93%), Fat: 0.55g (0.84%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 24.83g (8.28%), Net Carbohydrates: 21.97g (7.99%), Sugar: 11.43g (12.7%), Cholesterol: 0mg (0%), Sodium: 28.04mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin C: 36.29mg (43.98%), Vitamin A: 1415.5IU (28.31%), Vitamin B3: 3.76mg (18.8%), Vitamin B1: 0.27mg (17.76%), Manganese: 0.34mg (16.88%), Iron: 2.87mg (15.95%), Potassium: 468.48mg (13.39%), Vitamin K: 13.11µg (12.49%), Folate: 47.2µg (11.8%), Fiber: 2.86g (11.46%), Vitamin B2: 0.18mg (10.66%), Vitamin B6: 0.21mg (10.46%), Copper: 0.18mg (8.79%), Vitamin E: 1mg (6.68%), Magnesium: 26.35mg (6.59%), Phosphorus: 61.1mg (6.11%), Vitamin B5: 0.31mg (3.15%), Calcium: 26.69mg (2.67%), Zinc: 0.4mg (2.67%), Selenium: 1.64µg (2.35%)