



## Bhel Puri

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



122 kcal

SIDE DISH

## Ingredients

- 2 cups baking potato cubed peeled ()
- 3 tablespoons date
- 0.3 cup fresh cilantro fresh chopped
- 0.5 cup mangos ripe peeled chopped
- 1 tablespoon mint-cilantro chutney spread shopping list
- 1 cup plum tomatoes seeded chopped
- 4 cups indian puffed rice
- 0.5 cup onion red finely chopped

2 teaspoons serrano chile seeded finely chopped ( 1 chile)

0.3 cup sev fine ( Indian noodles)

## Equipment

bowl

sauce pan

## Directions

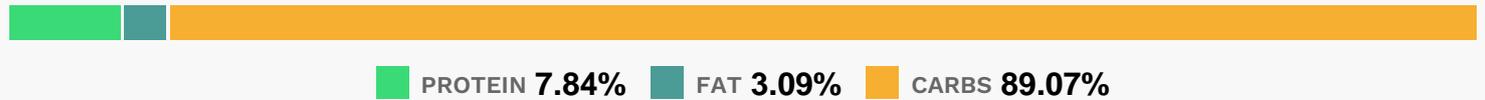
Place potato in a medium saucepan; cover with water. Bring to a boil; cook 8 minutes or until tender.

Drain; cool.

Combine potato and remaining ingredients in a large bowl; toss well.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:55.25, Glycemic Load:15.14, Inflammation Score:0, Nutrition Score:8.6139130022215%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

## Nutrients (% of daily need)

Calories: 121.72kcal (6.09%), Fat: 0.43g (0.67%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 28.12g (9.37%), Net Carbohydrates: 25.75g (9.36%), Sugar: 8.58g (9.54%), Cholesterol: 0mg (0%), Sodium: 49.28mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.95%), Vitamin B3: 4.27mg (21.33%), Vitamin B1: 0.31mg (20.86%), Iron: 3.64mg (20.22%), Vitamin C: 15.16mg (18.38%), Manganese: 0.31mg (15.65%), Vitamin B6: 0.26mg (13.01%), Vitamin B2: 0.21mg (12.2%), Vitamin A: 596.57IU (11.93%), Potassium: 409.77mg (11.71%), Fiber: 2.37g (9.49%), Vitamin K: 6.99µg (6.66%), Copper: 0.13mg (6.44%), Folate: 25.13µg (6.28%), Magnesium: 24.42mg (6.11%),

Phosphorus: 57.14mg (5.71%), Vitamin B5: 0.31mg (3.08%), Zinc: 0.37mg (2.47%), Vitamin E: 0.37mg (2.46%),  
Selenium: 1.56µg (2.23%), Calcium: 19.03mg (1.9%)