



Cook the Book: Mirchi Vada



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



462 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 handful cilantro leaves green chopped (cilantro)
- ☐ 0.5 teaspoon cumin seeds
- ☐ 1 cup chickpeas (chickpea)
- ☐ 1 ginger grated
- ☐ 4 to 2 chilies slit split green
- ☐ 1 teaspoon amchur powder dried (amchur)
- ☐ 1 teaspoon pomegranate seeds dried (anar dana)

- ☐ 2 medium potatoes boiled mashed
- ☐ 0.5 teaspoon salt
- ☐ 2 servings vegetable oil for deep-frying

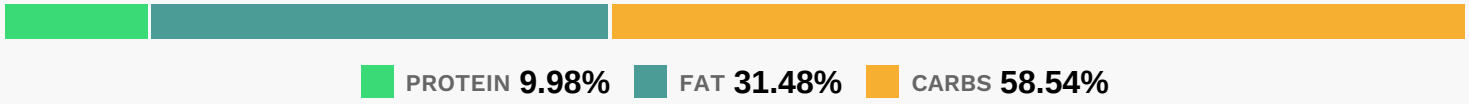
Equipment

- ☐ wok

Directions

- ☐ Mix all of the ingredients together and divide the mixture into 4 portions. Stuff each portion into the chiles.
- ☐ Mix all of the ingredients together adding enough water to make a batter of medium-thick consistency.
- ☐ Heat the oil in a wok; coat each chile with the batter and fry on medium heat until golden brown and crisp. Repeat until all are fried.
- ☐ Serve hot with mint or coriander chutney.

Nutrition Facts



Properties

Glycemic Index:160.25, Glycemic Load:31.89, Inflammation Score:-7, Nutrition Score:23.053043489871%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 462kcal (23.1%), Fat: 16.54g (25.45%), Saturated Fat: 2.43g (15.18%), Carbohydrates: 69.21g (23.07%), Net Carbohydrates: 55.05g (20.02%), Sugar: 9.52g (10.58%), Cholesterol: 0mg (0%), Sodium: 954.88mg (41.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.8g (23.61%), Vitamin C: 54.83mg (66.46%), Manganese: 1.21mg (60.41%), Fiber: 14.17g (56.66%), Folate: 177.73µg (44.43%), Vitamin K: 39.71µg (37.82%), Vitamin B6: 0.75mg (37.75%), Potassium: 1175.27mg (33.58%), Phosphorus: 275.66mg (27.57%), Copper: 0.54mg (26.99%), Iron: 4.49mg (24.94%), Magnesium: 92.65mg (23.16%), Vitamin B1: 0.27mg (18.17%), Vitamin B3: 2.75mg (13.77%), Zinc:

1.93mg (12.86%), Vitamin E: 1.54mg (10.29%), Calcium: 102.28mg (10.23%), Vitamin B5: 0.89mg (8.93%), Vitamin B2: 0.13mg (7.48%), Selenium: 3.76µg (5.37%), Vitamin A: 167.71IU (3.35%)