



Onion Bahji (Indian Onion Fritters)

 Vegetarian

READY IN



30 min.

SERVINGS



14

CALORIES



1249 kcal

SIDE DISH

Ingredients

- 3 eggs beaten
- 0.5 cup flour all-purpose
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup greek yogurt
- 0.3 teaspoon ground coriander
- 0.3 teaspoon ground cumin
- 14 servings pepper black freshly ground
- 14 servings juice of lemon to taste

- 0.3 cup milk
- 3 large onion thinly sliced into 1/4 inch rings
- 2 quarts vegetable oil; peanut oil preferred

Equipment

- paper towels
- pot

Directions

- Combine yogurt and cilantro. Season to taste with salt, pepper, and lemon juice. Set this dipping sauce aside.
- Combine onions, eggs, milk, flour, coriander, and cumin, and mix with your hands, crushing the onions with your fingers, until a smooth batter with a few lumps is formed.
- Pour 1 1/2 inches vegetable oil in a large pot and place over medium high heat. When oil is 350°F drop batter into oil by the 1/4 cup into the oil. Cook for 4 minutes per side, or until that side is brown; then flip and continue to cook.
- Remove bahji from oil and place on paper towels.
- Serve hot with dipping sauce, sliced scallions and any chutneys you happen to have in the fridge.

Nutrition Facts

PROTEIN 0.93% **FAT 96.53%** **CARBS 2.54%**

Properties

Glycemic Index:14.93, Glycemic Load:3.22, Inflammation Score:-4, Nutrition Score:7.6639130167339%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg

Nutrients (% of daily need)

Calories: 1248.53kcal (62.43%), Fat: 136.39g (209.83%), Saturated Fat: 23.26g (145.38%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 7.32g (2.66%), Sugar: 2.23g (2.48%), Cholesterol: 35.95mg (11.98%), Sodium: 19.36mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin E: 21.37mg (142.45%), Vitamin C: 8.27mg (10.03%), Selenium: 5.39µg (7.7%), Vitamin B2: 0.1mg (6.06%), Folate: 22.41µg (5.6%), Phosphorus: 48.75mg (4.87%), Manganese: 0.09mg (4.65%), Vitamin B1: 0.06mg (4.12%), Vitamin B6: 0.07mg (3.58%), Fiber: 0.76g (3.06%), Iron: 0.54mg (3.01%), Potassium: 100.68mg (2.88%), Calcium: 28.75mg (2.88%), Vitamin B5: 0.27mg (2.66%), Vitamin B12: 0.16µg (2.62%), Vitamin K: 2.18µg (2.08%), Magnesium: 8.03mg (2.01%), Zinc: 0.29mg (1.94%), Vitamin B3: 0.35mg (1.74%), Vitamin A: 80.08IU (1.6%), Copper: 0.03mg (1.6%), Vitamin D: 0.24µg (1.58%)