



2%
HEALTH SCORE

Onion Bhaji

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



114 kcal

SIDE DISH

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon chili powder
- 0.5 teaspoon cumin seeds
- 0.5 teaspoon fennel seeds
- 8 ounces bob's mill garbanzo bean flour (chickpea flour)
- 1 cup cilantro leaves fresh chopped
- 3 to 2 chilies slit green finely chopped
- 12 servings cooking oil for deep frying

- 2 large onion sliced
- 0.5 teaspoon nigella seeds
- 1 teaspoon turmeric
- 12 servings water

Equipment

Directions

Sift the flour, chilli powder, turmeric, baking powder and salt together in a bowl. Get as much air into it as possible.

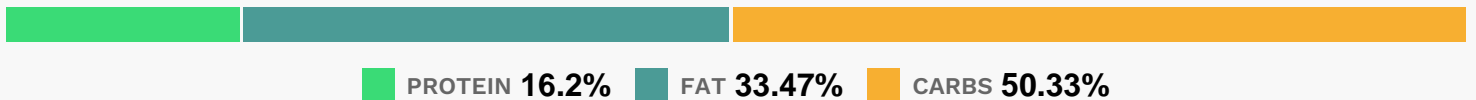
Crush the seeds in mortar and pestle, add to the bowl.

Now add the green chilli, onions and the chopped coriander. Mix in some water to make a thick batter that holds the ingredients together.

Heat the oil in a wok. Drop spoonfulls of the batter into the oil and fry till golden brown. Place on kitchen paper to allow the excess oil to run off.

These can be eaten as they are or with a dip.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:6.03, Inflammation Score:-8, Nutrition Score:6.2030434782609%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 114.07kcal (5.7%), Fat: 4.26g (6.55%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 14.4g (4.8%), Net Carbohydrates: 11.4g (4.15%), Sugar: 3.51g (3.9%), Cholesterol: 0mg (0%), Sodium: 99.98mg (4.35%), Protein: 4.64g (9.27%), Folate: 88.26µg (22.07%), Manganese: 0.36mg (18.15%), Fiber: 3g (12%), Copper: 0.23mg (11.32%), Magnesium: 37.75mg (9.44%), Vitamin K: 8.06µg (7.68%), Phosphorus: 76.81mg (7.68%), Vitamin B1: 0.11mg (7.04%), Iron: 1.19mg (6.59%), Vitamin B6: 0.13mg (6.52%), Potassium: 212.14mg (6.06%), Vitamin E: 0.72mg (4.83%), Calcium: 44.19mg (4.42%), Vitamin C: 3.63mg (4.4%), Zinc: 0.62mg (4.15%), Vitamin A: 124.1IU (2.48%), Selenium: 1.74µg (2.48%), Vitamin B3: 0.4mg (2.02%), Vitamin B2: 0.03mg (1.8%), Vitamin B5: 0.15mg (1.54%)