



Red onion & chilli bhajis with mint & garlic raita



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



75 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 onions red
- ☐ 100 g bob's mill garbanzo bean flour (gram flour)
- ☐ 0.5 tsp double-acting baking powder
- ☐ 2 tsp curry paste
- ☐ 1 chilli green red deseeded finely chopped
- ☐ 12 servings vegetable oil for frying
- ☐ 150 g natural yogurt

- ☐ 2 tbsp mint leaves chopped
- ☐ 1 small garlic clove crushed

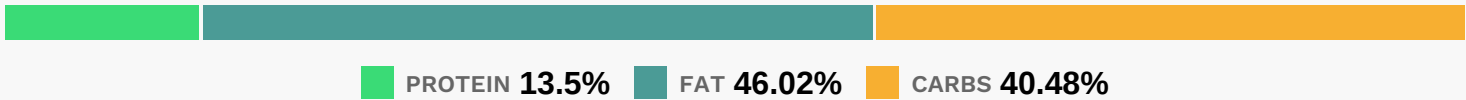
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Finely chop one onion and thinly slice the other. Sift the flour and baking powder into a bowl.
- ☐ Add the curry paste or powder, chopped chilli and a good sprinkling of salt.
- ☐ Add about 150ml of cold water to make a thick batter. Stir in the chopped and sliced onions until they are well coated.
- ☐ Mix together the raita ingredients with a little salt and pepper, then spoon into a small bowl.
- ☐ Heat about 5cm of oil in a wok or deep pan.
- ☐ Add a tiny speck of batter, if it rises to the surface surrounded by bubbles and starts to brown, then the oil is hot enough.
- ☐ Add heaped tbsps of onion mix to the pan, a few at a time, and cook for a few mins, turning once, until they are evenly browned and crisp, about 3–4 mins.
- ☐ Drain on kitchen paper, sprinkle with a little salt and keep warm while you cook the remaining bhajis.
- ☐ Serve with the raita.

Nutrition Facts



Properties

Glycemic Index:19.08, Glycemic Load:2.95, Inflammation Score:-3, Nutrition Score:3.3421739138987%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 74.59kcal (3.73%), Fat: 3.85g (5.92%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 6.22g (2.26%), Sugar: 2.45g (2.72%), Cholesterol: 1.63mg (0.54%), Sodium: 44.76mg (1.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Folate: 41.09µg (10.27%), Manganese: 0.16mg (8.24%), Vitamin K: 6.01µg (5.72%), Fiber: 1.39g (5.57%), Phosphorus: 48.47mg (4.85%), Magnesium: 17.49mg (4.37%), Copper: 0.09mg (4.3%), Calcium: 36.62mg (3.66%), Vitamin B1: 0.05mg (3.55%), Vitamin B6: 0.07mg (3.52%), Potassium: 119.2mg (3.41%), Vitamin A: 158.76IU (3.18%), Iron: 0.51mg (2.84%), Vitamin C: 2.1mg (2.55%), Zinc: 0.34mg (2.3%), Vitamin E: 0.31mg (2.06%), Vitamin B2: 0.03mg (1.91%), Selenium: 1.09µg (1.56%), Vitamin B5: 0.12mg (1.24%)