

# Bhel with Sprouts

Source: Recipe by Archana Saraf

A popular Indian dish for snacking or a light meal.

## About the Recipe

**125 Calories · 3 g Protein · 4 g Fiber**  
**Snack**

## Ingredients

***Makes 4 Servings***

- 3 c (14 g) puffed rice or kurmura
- 3/4 c (42 g) green moong (bean) sprouts
- 1/2 c (39 g) finely chopped red onion
- 2 green chilies or 1/2-1 serrano pepper, minced
- 1/2 c (8 g) cilantro, chopped
- 3/4 c (105 g) boiled and finely diced potatoes
- 3/4 c (67 g) grated carrot
- 3/4 c (89 g) thinly sliced cucumber
- 1/2 c (100 g) very finely chopped tomato
- 1/4 tsp (1.2 mL) chaat masala
- 1/2 tsp (2.5 mL) red chili powder
- 1 tsp (5 mL) lemon/lime juice
- Iodized salt
- 4 dates, soaked in water about 15 minutes until soft and seeded
- 1 tsp (5 mL) tamarind extract

## Directions

1. In a bowl, add sprouts, chili powder, chaat masala, and salt (if using) and stir to combine.
2. Steam these sprouts for 2-3 minutes. Set aside to cool completely.&nbsp;
3. To put together the bhel, in a large bowl mix all the ingredients including spices, cooled steamed sprouts, and date-tamarind chutney. Add salt to taste.&nbsp;

## Nutrition Facts

*Per serving (1/4 of recipe)*

**Calories:** 125

**Fat:** 3 g

**Saturated Fat:** 0 g

**Calories from Fat:** 3%

**Cholesterol:** 0 mg

**Protein:** 3 g

**Carbohydrates:** 29 g

**Sugar:** 9 g

**Fiber:** 4 g

**Sodium:** 175 mg

**Calcium:** 33 mg

**Iron:** 1 mg

**Vitamin C:** 67 mg

**Beta Carotene:** 2,101 mcg

**Vitamin E:** 0.5 mg

**Potassium:** 455 mg