

Recipe Name: Dubuk Vade Recipe - Khandeshi Gram Flour Dumpling Curry

Diet Type:

Course: Lunch

Cuisine: Maharashtrian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 Onions - finely chopped	4
• 4 cloves Garlic - chopped	
• 1/4 cup Fresh coconut - grated	
• 1/2 cup Coriander (Dhania) Leaves - chopped	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 tablespoon Red Chilli powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 3 tablespoon Garam masala powder	
• Salt - to taste	
• 1/2 cup Gram flour (besan)	
• 1 teaspoon Red Chilli powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Salt - to taste	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	20	8	6