

Recipe Name: Steamed Bafauri Recipe (Bhojpuri Style Steamed Chana Dal Balls)

Diet Type: Vegetarian

Course: Snack

Cuisine: Bihari

Quantity:



Ingredients

Ingredient	Quantity
• 1-1/2 cups Chana dal (Bengal Gram Dal) - soaked for 3-4 hours	4
• 1 Onion - finely chopped	
• 3 cloves Garlic	
• 2 Green Chillies - (adjust to taste)	
• 1/2 teaspoon Ajwain (Carom seeds)	
• Coriander (Dhania) Leaves - a small bunch	
• Salt - to taste	

Preparation

- Drain the soaked chana and grind it to a smooth paste using a mixer grinder and take it out in a bowl.
- Now, roughly.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	10	35	10	5	2