

Recipe Name: Stuffed Onion Vegetable Recipe - Bharwa Pyaz Ki Sabzi Recipe

Diet Type: Vegetarian

Course: Side Dish

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 20 small onions	4
• 1 tsp red chili powder	
• 1 tsp turmeric powder	
• 1 tsp mango powder	
• 1 tsp coriander powder	
• salt - as per taste	
• 6 cloves garlic - finely chopped	
• 1 inch ginger - finely chopped	
• 2 Sprig coriander - finely chopped	

Preparation

- To make the Bharwa Onion Vegetable Recipe, first make two cuts on the top of the onion.
- Take care not to cut it completely.
- In a mixing bowl, add red chili powder, turmeric powder, mango powder, coriander powder, salt and mix.
- Add a little water to it and.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	4	45	10	6	10