

Recipe Name: Sprouted Moong And Onion Fritters Recipe
Diet Type: Vegetarian
Course: Snack
Cuisine: Indian
Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Gram flour (besan)	4
• 2 tablespoon Rice flour	
• 1/4 cup Green Moong Sprouts	
• 1 Onion - thinly sliced	
• 2 tablespoon Coriander (Dhania) Leaves - finely chopped	
• 2 Green Chillies - finely chopped	
• 1/4 teaspoon Ginger - grated	
• 1/2 teaspoon Coriander Powder (Dhania)	
• 1/2 teaspoon Garam masala powder	
• 1/2 teaspoon Lemon juice	
• Salt - to taste	
• Red Chilli powder - to taste	
• Sunflower Oil - to deep fry	

Preparation

- To begin making Sprouted Moong And Onion Fritters Recipe, prep all the ingredients.
- Take a large mixing bowl, add all the ingredients except oil and mix well with water to make a thick batter.
- Make sure you add water little by little to prevent lumps.
- Heat.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	10	25	10	4	2