

100 Gm Roasted Chana Calories

In North India and Pakistan, bhalla is a similar food. It is sold in chaat shops and kiosks; green bean paste is added with spices, which is then deep-fried to make croquettes. They are then garnished with dahi (yogurt), saunth chutney (dried ginger and tamarind sauce) and spices. Bhalla is usually served cold, unlike the aloo tikki. The various types of vadas are made from different ingredients, ranging from legumes (such as medu vada of South India) to potatoes (such as batata vada of Maharashtra). They are often served as a breakfast item or a snack, and also used in other food preparations (such as dahi vada, vada pav, and doubles). According to K. T. Achaya, Vadai (Vada) finds mention in Sangam literature during 100 BCE – 300 CE. A type of vada is mentioned as "vataka" in Manasollasa, a 12th-century Sanskrit encyclopedia compiled by Someshvara III, who ruled from present-day Karnataka. In this recipe, mung beans are soaked, de-skinned, and ground...
== History ==

Vada (food) fatsecret. Vadas can be described variously as fritters, cutlets, or dumplings. Orient Blackswan.). ISBN 9788125023005. Vadas are sometimes stuffed with vegetables and traditionally served with chutneys and sambar. co. "Calories in Saravana Bhavan Vada and Nutrition Facts". Retrieved Vadai is a category of savoury fried snacks native to India. Preparation (3rd ed. 294–295. pp. in

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