

झुणका-भाकर

It is vegetarian, nutritious, traditional Indian dish

Same ingredient used in Zunka & Batata Vada. But change the taste.
Bhakar is truly wholesome
 - increase Hb
 - brimming with iron, fibre

Vadapav is Healthy food in less amount
 Consume & It is a famous instant energy rich, spicy delicious food in younger, adulthood & child.

वडापाव

Vadapav - It is cheap easy to make and convenient to eat, all factors helped boost its popularity among masses who had no time & midst of their long commuting hours



BHakar

Ingredients
 2 cup baara, 1 tsp salt, water

mix the flour salt in a bowl, add water, kneading the flour until the dough

put off lemon size piece dough. Sprinkle the rolling surface liberally with oil purpose into a circle about 4-5 inches in diameter

Heat a cast iron. Place the bhakari on it - cook both side until golden brown spot

Zunka

Ingredients
 - 3/4 cup chickpea flour
 - 1 green pepper
 - 1 onion, red chilli powder
 - 1/2 tsp turmeric powder
 - 1 tsp mustard seeds
 - 1/4 cup of chopped garlic green

spray oil in skillet. Add asafoetida & mustard seeds. when the seeds sputter, add the onions. St add the chilli powder, turmeric, spring onions & chopped green paper. saute for few min

Add the chickpea flour & salt & stir in. Add 1 cup of water. Stir well, cover & cook on medium-low heat about 7-8 min.

Turn off heat. Garnish with the garlic greens or coriander leaves. serve hot with bhakari



मुंबई

Zunka is - 272 calorie Good For

1. Healthy Lifestyle
2. Healthy Weight Gain
3. Diabetics (cut oil)
4. Kids
5. Pregnancy

do you have potatoes, Pav buns, chillies & teuck loads of Garlic?

Let Aloo Cool... Make the Spiciest Red Maharashtra chutney Possible. Roast masala for Loal chutney

Why Yes! Boil Potatoes First?



Remember Boiled Aloo? Peel, Mash Hake Tadka Make Besan Batter For the Batata Vadaaa

Now Make Hari Chutney with dhaniya, mischi & garlic

Nutritional Value of Vada Pav

- Calorie - 300
- Carbohydrate - 55g
- Dietary Fibre - 5gm
- Sugar - 6 gm
- Fat - 9 gm
- Saturated Fat - 5gm
- Protein - 3 gm
- Sodium - 250 mg
- Potassium - 100 mg
- Cholesterol - 170 mg

- onion - Great anti-oxidant (vit. C)
- Carriander - Antioxidant (vit. A)
- Garlic - lower cholesterol
- Green chillies - Anti Oxidant (vit. C)
- Besan - A Rich in Complex Carbohydrate protein. Besan is high in fibre

NOTE - Every food is Good for Health But in proper amount
 Healthy food in Excess Amount consume is Bad for Health

In an era when the 50 paisa coin has all but faded from circulation, a bhunka Bhakar stall outside CST had been selling for half a rupee the same price in 1977

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