Poha and Vegetables

Here’s a **complete guide about Poha with Vegetables**, including its **nutritional information, health benefits, and an easy recipe** 👇

**🥣 Poha with Vegetables — Overview**

**Poha**, also known as **flattened rice**, is a popular Indian breakfast dish — light, nutritious, and quick to prepare. When combined with fresh vegetables, it becomes a wholesome meal rich in **fiber, vitamins, and minerals**.

**🔹 Other Names:**

* Hindi: **Poha / Chivda**
* Marathi: **Kanda Poha**
* Gujarati: **Batata Poha**
* South India: **Aval Upma**

**🍅 Nutritional Information (per 1 bowl / ~150g serving)**

| **Nutrient** | **Approx. Value** |
| --- | --- |
| Calories | 180–220 kcal |
| Carbohydrates | 35–40 g |
| Protein | 4–5 g |
| Fat | 6–8 g |
| Fiber | 3–4 g |
| Iron | 1.5 mg |
| Vitamin C (from veggies & lemon) | 15–20 mg |

✅ **Low in calories**  
✅ **Easily digestible**  
✅ **Good source of complex carbs and fiber**  
✅ **Suitable for weight loss diets**

**🥕 Health Benefits**

1. **Energy Booster** – Poha provides steady energy due to its complex carbs.
2. **Digestive Friendly** – Light on the stomach and easy to digest.
3. **Rich in Iron** – Especially if made with flattened rice that retains the bran layer.
4. **Packed with Nutrients** – Adding vegetables increases vitamins A, C, and minerals.
5. **Supports Weight Management** – Keeps you full longer with fewer calories.

**👩‍🍳 Vegetable Poha Recipe**

**🧂 Ingredients:**

* **1 cup** Poha (thick variety preferred)
* **1 tbsp** Oil (preferably olive oil or groundnut oil)
* **½ tsp** Mustard seeds
* **1 small** Onion (chopped)
* **1 small** Tomato (chopped)
* **1 small** Carrot (grated)
* **¼ cup** Green peas (fresh/frozen)
* **1 small** Capsicum (chopped)
* **1–2** Green chilies (chopped)
* **6–8** Curry leaves
* **¼ tsp** Turmeric powder
* **Salt** to taste
* **½ Lemon** (juice)
* **2 tbsp** Coriander leaves (chopped)

**🥘 Instructions:**

1. **Rinse Poha:**
   * Place poha in a strainer and wash gently under running water.
   * Let it sit for 5–7 minutes to soften. Don’t soak it in water.
2. **Prepare Vegetables:**
   * Heat oil in a pan.
   * Add mustard seeds — let them splutter.
   * Add curry leaves, green chilies, and onions. Sauté until onions turn translucent.
3. **Add Veggies:**
   * Add carrots, peas, capsicum, and tomatoes.
   * Sprinkle salt and turmeric.
   * Cook for 3–4 minutes till vegetables soften slightly.
4. **Add Poha:**
   * Add the softened poha.
   * Mix gently so everything combines well.
   * Cover and cook on low flame for 2–3 minutes.
5. **Finishing Touch:**
   * Turn off the heat. Add lemon juice and chopped coriander.
   * Mix and serve warm.

**🌿 Optional Add-ons**

* Roasted peanuts or cashews for crunch.
* Sprinkle grated coconut for South Indian flavor.
* Add paneer cubes for extra protein.

**🍽️ Serving Suggestions**

Serve **Vegetable Poha** with:

* A cup of **masala chai**, or
* A bowl of **curd** for a complete meal.

Would you like me to give you a **"diet-friendly" version of Poha with vegetables** (less oil, high protein)?

AI humanizer

🥣 Poha with Vegetables — Overview

Poha - or flattened rice - is a favorite Indian breakfast fare - light, healthy, and takes only a few minutes to prepare. Paired with fresh vegetables, it is a delicious, complete meal and an excellent source of fiber, vitamins, and minerals.

🔹 Other Names:

• Hindi: Poha / Chivda

• Marathi: Kanda Poha

• Gujarati: Batata Poha

• South India: Aval Upma

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🍅 Nutritional Information (per 1 bowl / ~150g serving)

Nutrient Approx. Value

Calories 180-220 kcal

Carbohydrates 35-40g

Protein 4-5g

Fat 6-8g

Fiber 3-4g

Iron 1.5mg

Vitamin C (from veggies & lemon) 15-20mg

✅ Low in calories

✅ Easy to digest

✅ Good source of complex carbohydrates and fiber

✅ Good food for weight loss.

🥕 Health Benefits

1. Energy Booster – Poha gives you constant energy because it is composed of complex carbs.

2. Digestive Friendly – It is light on the stomach and can easily be digested.

3. Rich in Iron – Especially when prepared with the flattened rice that has the bran layer.

4. Packed with Nutrients – When you add vegetables you will have more vitamins A, C, and minerals.

5. Weight Management – Keeping you satisfied longer, with fewer calories.

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👩‍🍳 Vegetable Poha Recipe

🧂 Ingredients:

• 1 cup Poha (thick variety preferred)

• 1 tbsp Oil (olive oil or groundnut oil preferred)

• ½ tsp Mustard seeds

• 1 small Onion (chopped)

• 1 small Tomato (chopped)

• 1 small Carrot (grated)

• ¼ cup Green peas (fresh/frozen)

• 1 small Capsicum (chopped)

• 1-2 Green chilies (chopped)

• 6-8 Curry leaves

• ¼ tsp Turmeric powder

• Salt (to taste)

• ½ Lemon (juice)

• 2 tbsp Coriander leaves (chopped)

🥘 Instructions:

1. Rinse Poha:

o Place the poha in a strainer and wash it gently under gently running water.

o Allow it to sit for 5-7 minutes so that it will soften, dont soak the poha in water.

2. Prepare the Vegetables:

o Heat the oil in a pan.

o Add the mustard seeds and allow it to splutter.

o Add the curry leaves, green chilies, and onions. Sauté until the onions are soft and translucent.

3. Add Veggies:

o Add the carrots, green peas, capsicum, and tomatoes.

o Sprinkle a little salt and turmeric powder.

o Cook for 3-4 minutes until the veggies soften a little.

4. Add Poha:

o Add the softened poha.

o Gently mix until everything is well incorporated.

o Cover and cook on low heat for 2-3 minutes.

5. To Finish:

o Turn the heat off, and add lemon juice and chopped coriander.

o Mix, and serve hot.

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🌿 Optional Add-Ins:

• Roasted peanuts or cashews for crunch.

• Sprinkle on grated coconut if you want to add a South Indian flavor.

• Add paneer cubes if you want more protein.

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🍽️ Serving Suggestions:

Serve Vegetable Poha with:

• A cup of masala chai, or

• A bowl of curd to make a full meal.