

Indian Dosa

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/peppers-and-potatoes-indian-recipe>

Ingredients:

- 6 ounces basmati rice
- 4 ounces lentils split Indian
- 1/2 teaspoon sugar
- salt
- 1 1/2 pounds potatoes such as Yukon Gold
- 2 bunches scallions
- 4 tablespoons vegetable oil
- 1 tablespoon brown mustard seeds
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds ground
- 1 teaspoon ginger root ground
- 1 teaspoon ground turmeric
- 1 1/4 cups coconut milk 9% fat
- pepper
- 12 sprigs cilantro
- 5 ounces mango chutney

Nutrition:

1. Calories: 800 calories
2. Carbohydrate: 114 grams
3. Fat: 33 grams
4. Fiber: 17 grams
5. Protein: 17 grams
6. SaturatedFat: 17 grams
7. Sodium: 240 milligrams
8. Sugar: 24 grams

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