

# Crispy Indian Crepes

Yield: 4 min  
Total Time: 1090 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-style-chana-dal-recipe>

## Ingredients:

- 2 cups parboiled rice See Note 1
- 1 cup urad dal
- 2 tablespoons poha flattened rice optional
- 1 tablespoon chana dal
- 1 tablespoon fenugreek seeds
- 2 teaspoons sugar
- 2 teaspoons kosher salt
- 1 medium onion optional
- vegetable oil or ghee

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 84 grams
3. Fat: 6 grams
4. Fiber: 4 grams
5. Protein: 10 grams
6. Sodium: 1280 milligrams
7. Sugar: 4 grams

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