

Vazhakkai Podimas / South Indian Raw Banana Sabzi

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-banana-dosa-recipe>

Ingredients:

- banana 3 nos. Raw, Check Notes below
- 3/4 cup grated coconut 1 cup is 250 ml measurement
- 1 teaspoon urad dal
- 1/2 teaspoon mustard seeds
- 2 red chillies nos Whole, broken into half
- 3 green chillies finely chopped can be optional or quantity can be adjusted
- 1 1/2 tablespoons coconut oil
- 3 sprigs curry leaves
- salt to taste

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 15 grams
3. Fat: 15 grams
4. Fiber: 5 grams
5. Protein: 2 grams
6. SaturatedFat: 13 grams
7. Sodium: 200 milligrams
8. Sugar: 6 grams

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