

South Indian paruppu

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1 1/2 cups water
- 1/8 teaspoon turmeric
- 1 pinch asafoetida
- salt as needed
- 2 teaspoons oil
- 1/4 teaspoon mustard
- 1/2 teaspoon urad dal
- 1/2 teaspoon cumin seeds
- 1 pinch asafoetida
- 1 green chilli chopped
- 1 sprig curry leaves

Nutrition:

1. Calories: 30 calories
2. Carbohydrate: 2 grams
3. Fat: 2.5 grams
4. Sodium: 200 milligrams
5. Sugar: 1 grams

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