

# Yorkshire Pudding with Indian Flavor

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-atta-flour-recipe>

## Ingredients:

- 1 teaspoon oil or ghee
- 10 ounces fresh spinach washed
- 1 medium onion quartered, blanched, and cooled
- 1 garlic paste healthy tsp, optional
- 1 cup flour moong
- 1/2 cup atta
- 2 whole eggs or you may use 3 egg whites
- 1 1/2 cups milk
- 2 teaspoons ghee melted, if you substitute oil here, taste will not be the same
- 1/4 teaspoon methi powder
- 1 teaspoon chili powder or to taste
- 1 teaspoon salt
- 1 teaspoon oil or ghee
- 1 tablespoon masoor dal
- 1 teaspoon seeds ajwain
- 1 pinch salt

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 115 milligrams
4. Fat: 10 grams
5. Fiber: 6 grams
6. Protein: 16 grams
7. SaturatedFat: 2 grams
8. Sodium: 830 milligrams
9. Sugar: 7 grams

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