

# Ghee Roast Dosa

Yield: 3 min

Total Time: 620 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-roast-dosa-recipe>

## Ingredients:

- 1 1/2 cups rice idli, or parboiled rice or 330 grams parboiled rice, ukda chawal or sela chawal
- 125 grams urad dal or 1/2 cup urad dal, split and husked black gram
- 1 tablespoon chana dal split and husked bengal gram
- 35 grams poha thick, or 1 cup thick poha, flattened rice
- 20 fenugreek seeds methi seeds
- 1 cup water for soaking urad dal
- 2 cups water for soaking rice
- 1/2 teaspoon rock salt
- 1 cup water for grinding rice. can also add 3/4 cup water for grinding rice
- 1/2 cup water for grinding dal
- ghee clarified butter as required

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 31 grams
3. Fiber: 1 grams
4. Protein: 3 grams
5. Sodium: 470 milligrams
6. Sugar: 1 grams

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