

# Mixed Millets And Dal Dosa

Yield: 4 min  
Total Time: 935 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-dal-rice-recipe>

## Ingredients:

- 1/4 cup chana dal /bengal gram
- 1/4 cup dal urid
- 1/4 cup toor dal
- 1/4 cup daal moong
- 1 cup rice
- 1 cup millet barnyard
- 1 cup millet foxtail
- 1 teaspoon seeds methi
- 2 1/4 cups sago sabudana/

## Nutrition:

1. Calories: 890 calories
2. Carbohydrate: 190 grams
3. Fat: 5 grams
4. Fiber: 19 grams
5. Protein: 21 grams
6. SaturatedFat: 1 grams
7. Sodium: 10 milligrams
8. Sugar: 2 grams

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