

Masala Dosa/ Masala Dosa Mix

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 1 potato . 1 Large / 2 medium sized, boiled, peeled and cut into cubes
- 1 cup onion sliced
- 1 teaspoon ginger grated
- 2 green chillies chopped
- 1/2 teaspoon mustard seeds
- 1 tablespoon chana dal
- 1 teaspoon urad dal
- 1/2 teaspoon turmeric powder
- 1 pinch asafoetida
- 1 curry leaves 0. 1 strand of
- 4 tablespoons coriander leaves chopped
- salt to taste
- 2 tablespoons oil

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 16 grams
3. Fat: 7 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 200 milligrams
8. Sugar: 4 grams

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