

Bread Uttapam, South Indian Snack

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 3 slices white bread
- 3 tablespoons sooji coarse, semolina
- 3 tablespoons all purpose flour maida, plain flour
- 1/4 cup yogurt curd, dahi
- 1 teaspoon salt
- 1/4 teaspoon cumin seeds jeera
- 1/4 cup bell pepper finely chopped
- 1/4 cup tomatoes finely chopped, remove the seeds
- green chili finely chopped, adjust to taste
- 2 teaspoons ginger finely shredded
- 2 tablespoons cilantro finely chopped
- 1 1/2 tablespoons oil

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 5 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 1 grams
8. Sodium: 730 milligrams
9. Sugar: 2 grams

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