

Crispy South Indian Masala Dosa

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 1 parboiled rice
- 1 tablespoon seeds
- 1/2 tablespoon baking soda
- 1/2 tablespoon salt
- 3 tablespoons oil
- 3 tablespoons coriander leaves
- 1 onion
- 4 potatoes
- 1/2 tablespoon mustard seed
- 1 inch ginger
- 1 green chili
- 1 teaspoon salt
- 1/4 tablespoon red chili
- 1/2 tablespoon coriander powder
- 1/4 tablespoon turmeric powder
- amchur Powder – 1/4 Tablespoon

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 40 grams
3. Fat: 12 grams
4. Fiber: 6 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 1960 milligrams
8. Sugar: 4 grams

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