

Lentil Dosa or Adai – South Indian healthy breakfast

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/rajma-curry-recipe-south-indian-style>

Ingredients:

- 1/2 cup rice
- 1/8 cup toor dal
- 1/8 cup urad dal
- 1/8 cup rajma
- peanuts or groundnuts – 1/8 cup
- 1/8 cup moong dal
- curry leaves – a handful
- asafoetida or hing – 1/2 tsp
- 4 red chili
- salt – to taste
- lentils
- water

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 44 grams
3. Fat: 4 grams
4. Fiber: 18 grams
5. Protein: 18 grams
6. Sodium: 220 milligrams
7. Sugar: 2 grams

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