

# Mung beans & Quinoa crepe

Yield: 11 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/red-quinoa-indian-recipe>

## Ingredients:

- 1/2 cup mung beans whole
- 1/2 cup red quinoa or regular quinoa
- 1 green chilli finely minced
- salt to taste
- sesame oil as per need
- 2 baking potatoes large
- 2 tablespoons oil
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- 2 green chillies chopped fine
- 1 inch ginger root piece, finely minced
- 1 red onion large, diced fine
- 1/8 teaspoon turmeric powder
- 1 pinch asafetida optional
- 12 fresh curry leaves
- salt to taste
- water as needed
- 1/2 lemon /lime
- 2 tablespoons chopped cilantro finely

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 12 grams
3. Fat: 5 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 160 milligrams
8. Sugar: 1 grams

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