

Savory Indian Pancakes

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1 cup urad dal skinned split urad, you can get online or at Indian markets
- 1 cup brown rice
- 1 cup millet
- 1 cup quinoa washed well to remove the seed coating 5 cups, 1.2 L water
- 5 cups water
- 1 cup shredded coconut
- 1/2 cup water
- 1/2 cup fresh cilantro leaves and stems
- 1 tablespoon ginger grated
- 1 tablespoon curry leaves optional
- 2 teaspoons lemon juice
- 1/8 teaspoon mustard powder
- salt to taste

Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 140 grams
3. Fat: 12 grams
4. Fiber: 26 grams
5. Protein: 28 grams
6. SaturatedFat: 7 grams
7. Sodium: 280 milligrams
8. Sugar: 9 grams

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