

Aval Upma – Brown Rice Flakes Breakfast Sauté

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 2 cups rice flakes brown aval / brown
- 1 tablespoon avocado oil
- 1 teaspoon brown mustard seeds
- 8 curry leaves
- 1 red onion medium, chopped
- 3 green chillies Thai, chopped
- salt to taste
- 1/4 cup grated coconut fresh
- 1/2 teaspoon urad dal

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 7 grams
3. Fat: 7 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 200 milligrams
8. Sugar: 3 grams

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