

# Upma (South Indian Breakfast Dish)

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-breakfast-recipe-ideas>

## Ingredients:

- 2 cups semolina or suji, available in Indian stores
- 1 onion medium, sliced or chopped
- 3 green chilies sliced
- 1 handful curry leaves
- 1 cinnamon stick
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- red chili flakes to taste
- chilies dried whole, broken to taste
- salt to taste
- 1 tablespoon canola oil
- 4 cups boiling water boil water in a kettle and have ready

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 71 grams
3. Cholesterol: 5 milligrams
4. Fat: 7 grams
5. Fiber: 6 grams
6. Protein: 14 grams
7. SaturatedFat: 1 grams
8. Sodium: 290 milligrams
9. Sugar: 3 grams

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