

Lemon Rice / Chitranna

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 3 cups basmati rice cooked
- 1 lemon
- 2 tablespoons coconut oil
- 1/4 cup peanuts
- 2 tablespoons cashew
- 1 teaspoon mustard seeds
- 2 red chilli
- 1 teaspoon cumin seeds
- 1 tablespoon black gram split, urad dal
- 1 tablespoon bengal gram chana dal
- 6 curry leaves
- 1 pinch asafoetida hing
- 2 green chilli finely chopped
- 1 teaspoon ginger paste
- 1 teaspoon turmeric powder
- salt to taste
- 2 tablespoons coconut grated
- 3 coriander leaves for garnish, optional

Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 123 grams
3. Fat: 17 grams
4. Fiber: 5 grams
5. Protein: 15 grams
6. SaturatedFat: 8 grams
7. Sodium: 220 milligrams
8. Sugar: 3 grams

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