

Peanut Rice (South Indian Peanut Rice)

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 2 cups rice cooked and cooled, Or 1.25 cups raw rice, cook and cool well
- 1 tablespoon oil
- 1/4 cup peanuts
- 2 tablespoons urad dal
- 2 tablespoons chana dal
- 1 tablespoon sesame seeds black or white
- salt to taste
- 1 tablespoon oil
- 1 teaspoon mustard seeds
- 1 teaspoon urad dal
- 1 teaspoon chana dal
- 12 cashews
- 2 green chilies slit
- 3 curry leaves

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 36 grams
3. Fat: 13 grams
4. Fiber: 3 grams
5. Protein: 7 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 210 milligrams
8. Sugar: 2 grams

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