

South Indian breakfast trail#7- Dosai platter

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 1/2 cups rice par boiled
- 1/2 cup rice
- 1/2 teaspoon seeds methi
- 3/4 cup urad dal

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 49 grams
3. Fat: 0.5 grams
4. Fiber: 11 grams
5. Protein: 11 grams
6. Sugar: 1 grams

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