

Kanchipuram Idlis (Savory Rice Cakes)

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 cup rice
- rice Idli, or boiled rice - 1 cup
- 1 cup urad dal
- salt as needed
- 2 teaspoons crushed black pepper
- 1 teaspoon cumin seeds
- 1 teaspoon ginger powder
- 1 tablespoon sesame oil
- urad dal or channa dal - 2 tsp
- 1 teaspoon mustard seeds
- 3 curry leaves
- 10 cashew nuts
- 1/4 teaspoon asafoetida

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 19 grams
3. Fat: 4 grams
4. Fiber: 1 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 270 milligrams
8. Sugar: 1 grams

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