

Papad Nu Shaak

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 3 papad Moong, mug na papad
- 1 teaspoon oil
- 1/2 teaspoon seeds Mustard, rai
- 1/2 teaspoon seeds Cumin, jeera
- 1/2 teaspoon seeds Fenugreek, methi
- 3/4 glass water
- 1/2 teaspoon chilli powder
- 1/4 teaspoon coriander Cumin, dhaniya- jeera Powder
- salt To Taste, use less salt as Poppadoms are salty

Nutrition:

1. Calories: 20 calories
2. Fat: 2 grams
3. Sodium: 200 milligrams

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