

# Adai, a crispy south Indian dosa crepe

Yield: 4 min  
Total Time: 210 min

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

## Ingredients:

- 1 cup rice any long grain or medium grain white or brown rice is fine. I used brown basmati rice
- 1/4 cup dal chana, bengal gram dal
- 1/4 cup dal urad, black gram dal
- 1/4 cup tuvar dal split pigeon peas
- 1/4 cup moong dal split mung lentils
- 1 inch ginger knob, chopped
- 15 curry leaves
- 2 green chili peppers small, use Indian chili peppers or jalapeno or serrano peppers. Use more or less depending on how much heat you...
- 1 red chili pepper optional, break into smaller pieces if using
- 1/2 teaspoon turmeric
- 1/4 teaspoon asafetida hing, optional
- 1/4 cup cilantro optional
- salt to taste
- 2 tablespoons vegetable oil or cooking spray, for making the adai

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 38 grams
3. Fat: 7 grams
4. Fiber: 12 grams
5. Protein: 11 grams
6. Sodium: 220 milligrams
7. Sugar: 2 grams

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