

South Indian Crepe

Yield: 20 min
Total Time: 620 min

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

Ingredients:

- 2 cups rice /, pachari/chawal, You can use basmati rice if you can't find long grain rice
- 1/2 cup rice par boiled, /ukda chawal
- 3/4 cup urad dal skinless split, skinless black gram
- 2 teaspoons salt or to taste
- oil Indian gingerly, / Nallaennai, You can use Vegetable/ canola/ sunflower cooking oil if you can't get hold of gingerly oil
- water for grinding

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 11 grams
3. Fat: 1 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. Sodium: 240 milligrams

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