

Dosa – Lentil and rice savory Crepes. Vegan Glutenfree

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/white-urad-dal-recipe-pakistani>

Ingredients:

- 1 cup long-grain white rice or medium, I use basmati
- 1/4 cup brown rice
- 1/2 cup urad dal whole, black gram, skinned or whole. the whole unskinned one will give a slightly darker appearance to the crepe
- 1/2 teaspoon fenugreek seeds methi seeds
- 2 tablespoons daal toor, pigeon pea or chana daal, bengal gram – optional
- 1/4 cup poha thick, rice flakes- for crisp crepes, optional
- 3/4 teaspoon salt

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 48 grams
3. Fat: 1 grams
4. Fiber: 1 grams
5. Protein: 5 grams
6. Sodium: 480 milligrams
7. Sugar: 1 grams

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