

Idly Upma – South Indian Vegan Breakfast

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 1 tablespoon coconut oil
- 1 teaspoon mustard seeds
- 1 teaspoon urad dal Split white
- 1 teaspoon asafoetida
- 1/2 small onion
- 1 tablespoon grated ginger
- 1 green chilies small
- 1 tablespoon salt
- 2 tablespoons curry leaves
- 2 tablespoons coriander leaves

Nutrition:

1. Calories: 40 calories
2. Carbohydrate: 2 grams
3. Fat: 3.5 grams
4. Protein: 1 grams
5. SaturatedFat: 3 grams
6. Sodium: 1770 milligrams
7. Sugar: 1 grams

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