



## Akki Rotti

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



426 kcal

SIDE DISH

## Ingredients

- 0.3 teaspoon asafoetida powder
- 0.3 cup carrots shredded
- 1 teaspoon cumin seeds
- 2 tablespoons cilantro leaves fresh finely chopped
- 2.5 teaspoons chile peppers green finely chopped
- 1 gram 2 cup mung beans green
- 2 cups rice flour white
- 4 servings salt to taste

- 0.5 cup coconut or shredded unsweetened
- 0.5 cup vegetable oil divided
- 1 cup water

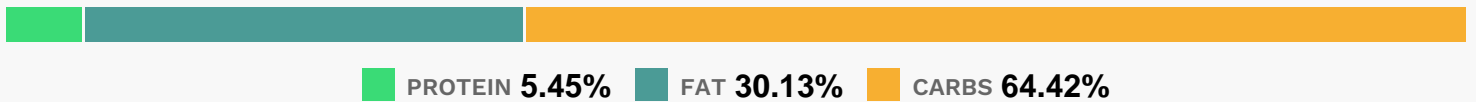
## Equipment

- frying pan
- mixing bowl

## Directions

- Cover the mung beans with the water and refrigerate overnight. The next day, drain the beans and reserve the soaking water.
- In a mixing bowl, combine the mung beans, rice flour, cumin seeds, green chile, asafoetida, cilantro, coconut, shredded carrot, and salt. Gradually add the water, mixing well with your hands to form a workable dough. Use only as much water as needed (about 1/2 cup).
- Shape the dough into balls about the size of a tennis ball. Set aside. Flatten one portion of dough into a thin round.
- Heat 2 tablespoons of vegetable oil in a griddle or skillet over medium heat.
- Place the rotti in the oil, and fry until golden brown, about 30 to 40 seconds. Flip the rotti over and fry until golden. Repeat with the remaining dough, adding 2 tablespoons of oil to the griddle for each rotti.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:37.96, Glycemic Load:42.55, Inflammation Score:-7, Nutrition Score:10.953478502191%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 425.89kcal (21.29%), Fat: 14.24g (21.9%), Saturated Fat: 7.81g (48.82%), Carbohydrates: 68.51g (22.84%), Net Carbohydrates: 64.15g (23.33%), Sugar: 1.58g (1.75%), Cholesterol: 0mg (0%), Sodium: 228.42mg (9.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.59%), Manganese: 1.33mg (66.55%), Vitamin A: 1356.94IU (27.14%), Selenium: 14.3µg (20.43%), Vitamin B6: 0.4mg (19.93%), Fiber: 4.36g (17.45%), Vitamin B3: 2.25mg (11.27%), Vitamin K: 11.82µg (11.26%), Phosphorus: 108.8mg (10.88%), Copper: 0.22mg (10.87%), Magnesium: 42.54mg (10.64%), Vitamin B1: 0.13mg (8.51%), Vitamin B5: 0.78mg (7.76%), Zinc: 0.93mg (6.23%), Iron: 1.07mg (5.94%), Potassium: 163.49mg (4.67%), Vitamin E: 0.66mg (4.42%), Calcium: 21.53mg (2.15%), Vitamin B2: 0.04mg (2.1%), Folate: 7.53µg (1.88%), Vitamin C: 1.53mg (1.85%)