



Brown Rice & 16 Beans Adai



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup barley (I used Pearled Barley)
- ☐ 1 cup brown rice
- ☐ 2 as aer taste & chillies green red
- ☐ 0.2 cup coconut or diced grated finely
- ☐ 1 tablespoons ginger grated
- ☐ 1 cup beans mix
- ☐ 1 cup beans mix

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender
- ☐ colander

Directions

- ☐ Wash and soak the brown rice, barley and chillies together and the beans separately in water overnight. I was going to prepare adais for the next day's dinner. In the evening next day drain both the rice and the beans separately in a colander and reserve the water. In a blender/Indian
- ☐ Mixie first take a small portion of the rice, chillies and grated ginger and grind it until the chillies are finely ground. Then add the soaked beans, remaining rice, little water and grind it until you get a coarse batter.
- ☐ Add water little by little as necessary while grinding the rice and beans because if too much water is added the ingredients will not be ground properly and evenly. If using coconut, it can either be blended together with the rice and beans or you can simply mix it after transferring the batter to a bowl. Unlike dosa batter which is very smooth the batter for adai should have the texture of semolina/sooji.
- ☐ Transfer the batter from the blender to a large bowl and add salt; mix thoroughly. Now you may also add the finely chopped onions, if using.
- ☐ Heat a non stick tava or an iron griddle (preferred for adai). Once the pan is hot enough take about 1/3rd cup of batter in a ladle and add it to the center of the tava and spread it thin using the back of the ladle.
- ☐ Add ghee/oil/ around the crepes and flip it to the other side. I spray the crepes with non stick cooking spray instead of using ghee/oil. Once it is cooked on the other side too it is ready to eat.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:8.44, Inflammation Score:-3, Nutrition Score:5.6791303896386%

Nutrients (% of daily need)

Calories: 101.76kcal (5.09%), Fat: 1.71g (2.63%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 17.83g (6.48%), Sugar: 0.65g (0.73%), Cholesterol: 0mg (0%), Sodium: 2.74mg (0.12%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Manganese: 0.84mg (42.12%), Vitamin C: 12.99mg (15.75%), Magnesium: 35.02mg (8.76%), Vitamin B6: 0.16mg (8.07%), Fiber: 1.85g (7.41%), Phosphorus: 68.82mg (6.88%), Vitamin B1: 0.1mg (6.38%), Vitamin B3: 1.18mg (5.88%), Copper: 0.1mg (5.02%), Zinc: 0.55mg (3.67%), Iron: 0.62mg (3.45%), Vitamin B5: 0.33mg (3.31%), Selenium: 2.25µg (3.21%), Potassium: 106.04mg (3.03%), Folate: 7.25µg (1.81%), Vitamin A: 86.78IU (1.74%), Vitamin B2: 0.02mg (1.39%), Vitamin K: 1.38µg (1.31%)