



Brown Rice Dosa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 1 cup brown rice
- ☐ 4 to 5 chillies green
- ☐ 1 bunch cilantro/coriander finely chopped
- ☐ 1 Tablespoon ginger grated per your taste)
- ☐ 1 cup par rice white boiled (Or You Can Use 2 cups Of Rice)
- ☐ 0.5 cup urad daal

Equipment

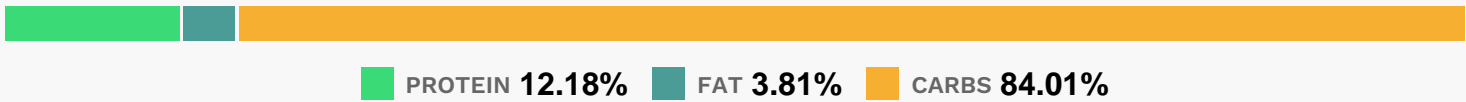
- ☐ bowl

- ☐ frying pan
- ☐ ladle

Directions

- ☐ Drain the rice and daal. Reserve the water.
- ☐ Add 1/4th of the rice, daal, coriander, chopped green chillies, ginger and grind it well. Once the cilantro and chillies are ground into a paste, add the remaining rice/daal and the reserved water as required. The batter should neither be very coarse nor very smooth. It should have the consistency of semolina/rava.If using a wet grinder: Switch on the machine.
- ☐ Let it run with the stone. Now pour the 1/4-1/2 cup of the soaked water in the empty grinder, let it run for a minute. Now add 1/4th of the rice/daal and other ingredients and let the machine run for 5 minutes. Later add the remaining rice/daal and water as required.
- ☐ Transfer the batter to a bowl and mix the salt thoroughly.
- ☐ Heat a non stick griddle. Once it's hot add a ladleful of batter to the griddle and spread it using the back of the ladle.
- ☐ Let it cook for 2-3 minutes. Spray it with a non stick cooking spray and turn the crepes and let the other side cook for another 2-3 minutes. Enjoy it with plain yogurt, idli podi or your favorite pickle.

Nutrition Facts



Properties

Glycemic Index:16.69, Glycemic Load:17.04, Inflammation Score:-2, Nutrition Score:5.5743478057177%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 172.17kcal (8.61%), Fat: 0.72g (1.1%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 35.6g (11.87%), Net Carbohydrates: 32.1g (11.67%), Sugar: 0.64g (0.71%), Cholesterol: 0mg (0%), Sodium: 62.41mg (2.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Manganese: 0.91mg (45.75%), Fiber: 3.5g (14%), Magnesium: 32.15mg (8.04%), Phosphorus: 71.77mg (7.18%), Iron: 1.25mg (6.97%), Vitamin B6: 0.13mg (6.42%), Vitamin B1: 0.09mg (6.12%), Vitamin B3: 1.12mg (5.61%), Copper: 0.1mg (4.77%), Vitamin B5: 0.47mg (4.74%), Selenium: 2.8µg (4%), Zinc: 0.59mg (3.93%), Vitamin C: 2.67mg (3.24%), Potassium: 76.14mg (2.18%), Calcium: 17.7mg (1.77%),

Folate: 5.48µg (1.37%), Vitamin B2: 0.02mg (1.05%)