



Cracked Wheat & Moong Dal Crepes

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



98 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup cilantro leaves
- 0.3 cup coconut or grated
- 1 cup cracked wheat
- 0.3 cup masoor dal red (Lentils)
- 1 tablespoon ginger grated
- 0.5 cup squirrels - skinned yellow
- 2 chilies green red
- 2 tablespoons tomato purée

Equipment

- bowl
- frying pan
- ladle
- blender
- colander

Directions

- Soak the cracked wheat in 1 cup water. Soak the daals and chilies together in another bowl with 1 and 1/2 cups water. I used the fine variety of cracked wheat. It had the texture of semolina. If you happen to have only the coarse variety run it in a blender/processor for a couple minutes before soaking. Soak everything for at least 3-4 hours.
- Drain the dal in a colander and reserve the water. Blend together the daals and chilies with some of the reserved water until smooth. Then add the soaked cracked wheat, coconut, ginger, tomato puree.
- Add water as needed to get a smooth batter.
- Transfer the batter to a bowl, add salt and mix well. The batter is ready to make the dosas. No need to ferment it.
- Heat a tava.
- Sprinkle some water to check if the tava is hot enough. Take the batter in a ladle and pour it on the pan and spread it into a thin circle with the back of the ladle. It takes about 2 minutes for the batter to cook. If you want it crisp you can wait for another minute or until you see a reddish thin crust in the middle. You could either use little oil to top the dosa or use a non stick spray like Pam and spray it lightly in a circular motion on top of the dosa. Using the non stick spray effectively requires some practice. You have to press the nozzle with very light pressure, otherwise there's going to be an "oil rain" on the dosa. Since the batter is thin, unlike the regular adai batter this one cooks well even without oil. Flip it and cook the other side for another minute. Turn it over once again and roll it just like shown in the picture or serve it as it is.

Nutrition Facts



■ PROTEIN 18.37% ■ FAT 16.1% ■ CARBS 65.53%

Properties

Glycemic Index:9.07, Glycemic Load:1.9, Inflammation Score:-1, Nutrition Score:2.5843478259833%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 97.89kcal (4.89%), Fat: 1.84g (2.83%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 16.85g (5.62%), Net Carbohydrates: 12.86g (4.68%), Sugar: 0.76g (0.85%), Cholesterol: 0mg (0%), Sodium: 29.33mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.45%), Fiber: 3.99g (15.96%), Iron: 1.1mg (6.13%), Phosphorus: 60.8mg (6.08%), Manganese: 0.11mg (5.29%), Folate: 18.69µg (4.67%), Potassium: 106.85mg (3.05%), Vitamin B1: 0.03mg (2.32%), Copper: 0.04mg (2.16%), Vitamin C: 1.49mg (1.81%), Magnesium: 7.12mg (1.78%), Zinc: 0.23mg (1.52%), Vitamin B6: 0.03mg (1.52%), Vitamin K: 1.32µg (1.25%), Vitamin B5: 0.11mg (1.09%), Vitamin A: 54.22IU (1.08%)