



Finger Millet Dumplings



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



11

CALORIES



174 kcal

SIDE DISH

Ingredients



1 Teaspoon ground cardamom



0.3 cup coconut or grated



0.8 cup powdered jaggery



1 cup finger millet flour (Ragi Flour)



0.5 cup mung daal

Equipment



frying pan



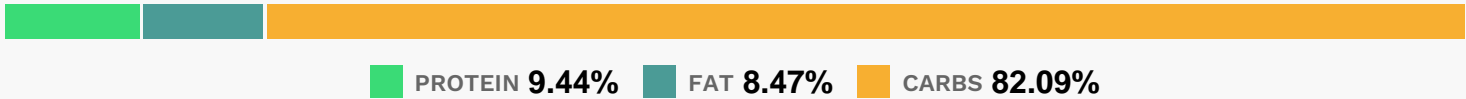
sauce pan

☐ pressure cooker

Directions

- ☐ In a frying pan, dry roast the mung daal for 2–3 minutes and cook it. Note that the daal should not be cooked completely. Don't use a pressure cooker, it will become very mushy. In a saucepan add 2 cups of water and let it cook for a couple of minutes. It should be par boiled. Now drain this and keep it aside. While the daal is cooking, dry roast the ragi flour also for a couple of minutes. Ragi flour tends to lump and is sticky also. To avoid that, the flour is just heated for sometime.
- ☐ Combine the ragi flour, grated coconut, cardamom powder and cooked mung daal. In a saucepan add the jaggery and water just enough to cover the jaggery and heat it. Once the jaggery dissolves filter the solution to get rid of impurities. Now pour the liquid back into the saucepan and boil it for another 2–3 minutes.
- ☐ Add the liquid to the dry ingredients and combine to form a dough.
- ☐ Add some water/milk if required. Now pinch golf ball size dough and shape it into cylinders in your palm making a fist. I got 11 dumplings for the above measurement.
- ☐ Place it in an idli plate and steam it just like you would steam idlis, but for an additional 10 minutes.

Nutrition Facts



Properties

Glycemic Index:3.84, Glycemic Load:1.76, Inflammation Score:-1, Nutrition Score:5.4278259273295%

Nutrients (% of daily need)

Calories: 174.2kcal (8.71%), Fat: 1.63g (2.51%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 35.53g (11.84%), Net Carbohydrates: 34.25g (12.46%), Sugar: 14.15g (15.72%), Cholesterol: 0mg (0%), Sodium: 5.84mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.17%), Manganese: 1.29mg (64.34%), Calcium: 83.42mg (8.34%), Magnesium: 31.62mg (7.91%), Iron: 1.38mg (7.67%), Phosphorus: 65.17mg (6.52%), Copper: 0.12mg (6.18%), Vitamin B1: 0.09mg (5.84%), Fiber: 1.27g (5.1%), Zinc: 0.55mg (3.65%), Potassium: 100.28mg (2.87%), Vitamin B2: 0.05mg (2.66%), Vitamin B3: 0.25mg (1.25%), Folate: 4.11µg (1.03%)