



Hominy Grits Adai



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



270 min.

SERVINGS



14

CALORIES



42 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 14 servings coriander/curry leaves as needed finely chopped for garnishing, optional
- ☐ 1 Tablespoon ginger grated
- ☐ 1 cup grits quick
- ☐ 1 Tablespoon urad daal
- ☐ 0.5 to) fresh grated

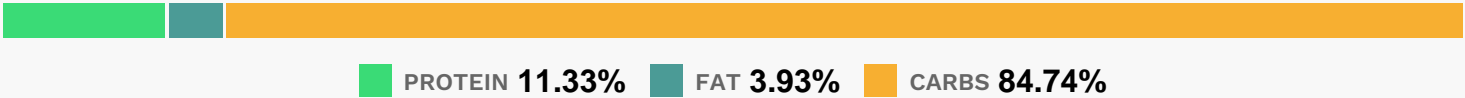
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐
- Lightly rinse the grits and soak it with 1.5 to 2 cups of water.In a separate bowl add all the daals, rinse it and soak it in 3–4 cups of water. Also add the red chillies with the daal.After 4 hours either using a blender or wet grinder first grind the daals (adding water little by little) along with the chillies, also add the green chillies, ginger and coconut.Once it is ground coarsely add the grits also and grind it for another couple of minutes. The batter should not be very smooth and also not very coarse.
- ☐
- Transfer the batter to a bowl, add salt and coriander leaves.Now prepare the adais as usual.

Nutrition Facts



Properties

Glycemic Index:1.07, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:10.188695728293%

Nutrients (% of daily need)

Calories: 41.61kcal (2.08%), Fat: 0.19g (0.29%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 8.38g (3.05%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 0.35mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Vitamin B3: 23.51mg (117.56%), Folate: 251.34µg (62.83%), Vitamin C: 40.07mg (48.57%), Vitamin B1: 0.06mg (4.15%), Fiber: 0.8g (3.19%), Iron: 0.47mg (2.59%), Vitamin B2: 0.04mg (2.19%), Phosphorus: 18.36mg (1.84%), Vitamin A: 75.65IU (1.51%), Magnesium: 5.87mg (1.47%), Vitamin B6: 0.03mg (1.47%), Manganese: 0.03mg (1.34%)