



Hominy Grits Instant Idlis



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



16

CALORIES



17 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 Teaspoon baking soda
- ☐ 2 carrots grated
- ☐ 10 cashews broken into pieces
- ☐ 1 Teaspoon ginger grated
- ☐ 1 Tablespoon oil
- ☐ 1 Handful peas frozen
- ☐ 0.5 Teaspoon pepper powder black
- ☐ 1 Teaspoon urad daal

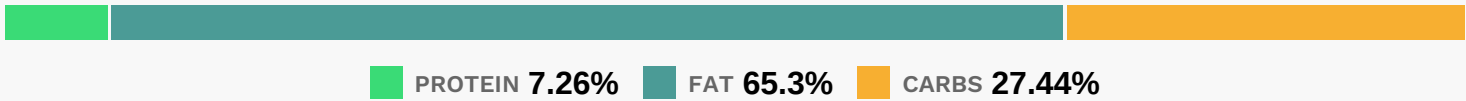
Equipment

- ☐ frying pan
- ☐ blender
- ☐ toothpicks

Directions

- ☐ Dry grind the grits in a blender to the consistency of regular rava/sooji.
- ☐ Combine together all the ingredients listed for the batter.
- ☐ Add water if necessary to get the consistency of idli batter.
- ☐ Heat oil in a frying pan and add the items to be tempered one by one and pour this in the batter and mix it well.Grease the idli moulds (on both sides) using a non stick oil spray and fill with batter. I also grease the back because the batter from the lower plate does not stick to the top plate and you will be able to get full idlis.Steam the idlis for 15–20 minutes or until a toothpick inserted comes out clean.

Nutrition Facts



Properties

Glycemic Index:10.21, Glycemic Load:0.32, Inflammation Score:-7, Nutrition Score:1.7891304207885%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 17.29kcal (0.86%), Fat: 1.31g (2.02%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.42g (0.47%), Cholesterol: 0mg (0%), Sodium: 39.62mg (1.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin A: 1274.67IU (25.49%), Vitamin K: 2.07µg (1.97%), Manganese: 0.03mg (1.75%), Vitamin E: 0.21mg (1.42%), Fiber: 0.33g (1.31%), Copper: 0.03mg (1.26%)