



Hominy Grits Pongal



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



299 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 Tablespoon cumin
- ☐ 2 Tablespoons ghee
- ☐ 1 Tablespoon ginger grated
- ☐ 1 Tablespoon oil
- ☐ 1.5 cups cooking grits quick
- ☐ 2 Teaspoons pepper powder

Equipment

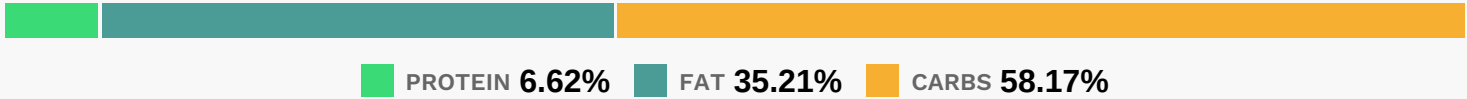
- ☐ stove

☐ pressure cooker

Directions

- ☐ Wash the grits and daal and keep it aside.In a pressure cooker add 1 tablespoon of ghee and oil.Once it gets hot add the cumin seeds, ginger, pepper powder and hing.Then add the grits and daal and fry it for 2 minutes.Now pour 7 cups of water and close the pressure cooker with its lid.Once the steam starts coming, put the weight and leave it for 4 whistles, switch off the stove and remove the pressure cooker from the stove.
- ☐ Let it cool for 15–20 minutes, then you will be able to remove the weight from the pressure cooker. Now add the required amount of salt and the remaining 1 tablespoon of ghee and combine it well. Grits pongal is ready. Enjoy it with your favorite chutney or sambar.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.16, Inflammation Score:-6, Nutrition Score:7.508260856504%

Nutrients (% of daily need)

Calories: 299.43kcal (14.97%), Fat: 12.24g (18.82%), Saturated Fat: 5.1g (31.9%), Carbohydrates: 45.47g (15.16%), Net Carbohydrates: 42.35g (15.4%), Sugar: 0.72g (0.8%), Cholesterol: 19.2mg (6.4%), Sodium: 4.31mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.35%), Vitamin B1: 0.34mg (22.34%), Folate: 86.87µg (21.72%), Iron: 3.04mg (16.88%), Vitamin B3: 2.84mg (14.19%), Fiber: 3.13g (12.51%), Vitamin B2: 0.2mg (11.64%), Phosphorus: 103.14mg (10.31%), Manganese: 0.2mg (9.81%), Vitamin B6: 0.18mg (9.18%), Magnesium: 34.96mg (8.74%), Vitamin A: 435.15IU (8.7%), Vitamin E: 0.97mg (6.44%), Zinc: 0.61mg (4.09%), Copper: 0.08mg (4.09%), Potassium: 135.25mg (3.86%), Vitamin K: 3.38µg (3.22%), Calcium: 17.94mg (1.79%), Vitamin B5: 0.18mg (1.76%), Vitamin C: 0.97mg (1.17%)