



## Pela Pindi



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



353 kcal

SIDE DISH

## Ingredients

- ☐ 1 Teaspoons ghee
- ☐ 10 servings as required milk
- ☐ 3 cups rice raw
- ☐ 2.5 cups rice powder toasted

## Equipment

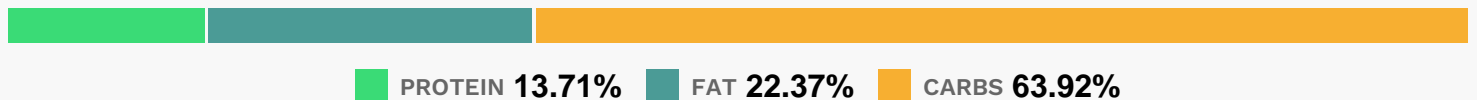
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet

- ☐ oven
- ☐ blender
- ☐ stove
- ☐ microwave
- ☐ colander

## Directions

- ☐ Wash the rice a couple of times, drain it in a colander completely and spread it on a clean cloth or unprinted paper.
- ☐ Let it dry for 3 hours. Now toast a handful of rice in a dry frying pan. It has to be nice and golden brown. Don't toast all the rice at once. The key point is that all the rice should be toasted evenly and should not get burnt. That's why it's done little by little. This is how it's done originally. By the time I toasted 1 cup of the rice, my knees were painig like anything and moreover the rice was not toasted evenly also. I think if it's a gas stove the process can be completed a little quickly. I have an electric range. When I reduced the heat, it was not getting browned, but when I increased the heat, it was getting burnt.So I got an idea of toasting it in the microwave oven. But that also did not give the result I expected. Then I spread the rice in a cookie sheet and toasted it in the oven at 350 F until the rice was golden brown (approx. 35-40 minutes). Keep checking it every 10 minutes and give it a toss. The rice was toasted perfectly.
- ☐ Let it cool down for a while and then powder it in a blender/food processor. Store it in a clean air tight container.Here is the close-up shot of the rice toasted using a frying pan. Notice that it is not toasted evenly.Rice toasted in the oven.Comparison.

## Nutrition Facts



## Properties

Glycemic Index:9.92, Glycemic Load:31.04, Inflammation Score:-4, Nutrition Score:11.896956428238%

## Nutrients (% of daily need)

Calories: 353.36kcal (17.67%), Fat: 8.67g (13.34%), Saturated Fat: 4.95g (30.92%), Carbohydrates: 55.77g (18.59%), Net Carbohydrates: 55.05g (20.02%), Sugar: 11.8g (13.11%), Cholesterol: 30.56mg (10.19%), Sodium: 95.5mg (4.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.96g (23.92%), Calcium: 315.66mg (31.57%), Phosphorus:

310.27mg (31.03%), Manganese: 0.61mg (30.68%), Vitamin B12: 1.32µg (21.96%), Vitamin B2: 0.36mg (21.41%),  
Selenium: 13.02µg (18.6%), Vitamin D: 2.68µg (17.89%), Vitamin B5: 1.47mg (14.73%), Potassium: 429.83mg (12.28%),  
Vitamin B6: 0.24mg (11.99%), Vitamin B1: 0.18mg (11.7%), Magnesium: 43.15mg (10.79%), Zinc: 1.61mg (10.7%), Vitamin  
A: 395.28IU (7.91%), Copper: 0.12mg (6.23%), Vitamin B3: 1.14mg (5.72%), Fiber: 0.72g (2.89%), Iron: 0.44mg (2.47%),  
Vitamin E: 0.18mg (1.22%), Folate: 4.44µg (1.11%)