



## South Indian Adai



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



393 kcal

SIDE DISH

## Ingredients

- ☐ 1 dash asafetida
- ☐ 0.5 cup chana dal
- ☐ 6 servings chilis green to taste
- ☐ 6 servings ground ginger to taste
- ☐ 5 chilis dried red
- ☐ 2 cup parboiled rice
- ☐ 6 servings salt to taste
- ☐ 1 cup urad dal

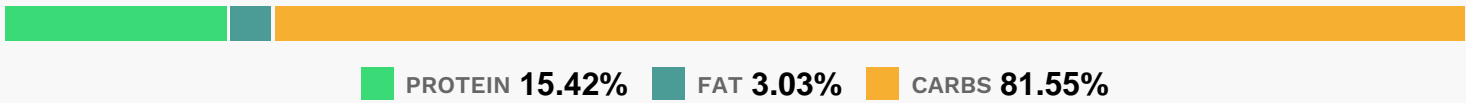
# Equipment

- ☐ frying pan
- ☐ ladle

# Directions

- ☐ Soak the dals and the rice overnight with the red chillies. In the morning grind it (coarsely) with the green chillies, curry leaves and ginger.
- ☐ Add a dash of asafetida and salt to taste. Adjust consistency with a little water if needed.
- ☐ Pour a big ladle full in the center of a well-oiled tava, griddle or other non-stick pan and spread with the back of the ladle. Don't spread it thin; it should be nice and thick.
- ☐ Drizzle some oil around the edges and also a little in the center.
- ☐ Let it brown about 2-3 minutes, flip it over and cook about a minute more. Fold and serve with your choice of pickle or chutney, or just plain old dal.

# Nutrition Facts



# Properties

Glycemic Index:10.2, Glycemic Load:29.68, Inflammation Score:-2, Nutrition Score:9.8056522037672%

# Nutrients (% of daily need)

Calories: 393.13kcal (19.66%), Fat: 1.31g (2.01%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 79.14g (26.38%), Net Carbohydrates: 66.59g (24.21%), Sugar: 1.66g (1.84%), Cholesterol: 0mg (0%), Sodium: 299.78mg (13.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.96g (29.93%), Manganese: 1.37mg (68.36%), Fiber: 12.55g (50.21%), Iron: 4.07mg (22.61%), Selenium: 10.46µg (14.94%), Phosphorus: 75.14mg (7.51%), Copper: 0.15mg (7.36%), Calcium: 67.66mg (6.77%), Vitamin B5: 0.64mg (6.39%), Vitamin C: 5.18mg (6.28%), Vitamin B3: 1.22mg (6.09%), Vitamin B6: 0.12mg (5.88%), Magnesium: 20.3mg (5.07%), Zinc: 0.75mg (5.02%), Potassium: 106.25mg (3.04%), Vitamin B1: 0.04mg (2.98%), Vitamin B2: 0.04mg (2.29%), Vitamin A: 113.07IU (2.26%), Folate: 5.45µg (1.36%)