



Steamed Pittu with Crab

 Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup crab meat tinned drained well
- ☐ 0.5 cup coconut or fresh grated
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons basil leaves fresh chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 1.5 cups roasted urad dal flour
- ☐ 1 cup water hot

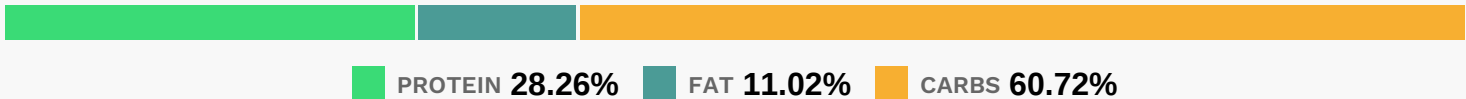
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ wooden spoon
- ☐ cheesecloth

Directions

- ☐ Special equipment: a steamer or steamer baskets, cheesecloth or paper towel, food processor and Pittu steamer, see Cook's Note**
- ☐ Line a steamer with several layers of cheesecloth and fill with the all purpose flour. Steam for 45 minutes.
- ☐ Spread the steamed flour on a baking sheet to cool.
- ☐ Combine the steamed flour, roasted urad dal flour, and salt in a large bowl.
- ☐ Add the hot water, a little at a time, stirring with a wooden spoon, until the dough resembles cornmeal (may not need all the water).
- ☐ Place the mixture in a food processor and pulse until it resembles couscous.
- ☐ Pour into a large bowl and mix in the crab meat, 1/2 cup grated coconut, shallots and basil. Pack the Pittu steamer** with 1 tablespoon of coconut then 1/2 cup Pittu mix, repeat until the steamer is full. Steam for 5 to 7 minutes, until the steam comes out the top of the steamer. Push the Pittu out of the steamer onto a platter.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:6.2, Inflammation Score:-2, Nutrition Score:7.9439131695291%

Nutrients (% of daily need)

Calories: 234.77kcal (11.74%), Fat: 2.87g (4.42%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 35.64g (11.88%), Net Carbohydrates: 24.43g (8.88%), Sugar: 1.22g (1.36%), Cholesterol: 16.37mg (5.46%), Sodium: 296.52mg (12.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.17%), Fiber: 11.21g (44.83%), Iron: 4.65mg (25.84%), Selenium: 11.56µg (16.52%), Manganese: 0.22mg (11.02%), Copper: 0.2mg (9.95%), Vitamin B12: 0.56µg (9.37%), Folate: 33.21µg (8.3%), Phosphorus: 64.56mg (6.46%), Vitamin B1: 0.1mg (6.41%), Vitamin B3: 1.14mg (5.7%), Zinc: 0.84mg (5.59%), Calcium: 53.98mg (5.4%), Vitamin C: 3.79mg (4.59%), Vitamin B2: 0.07mg (4.17%), Vitamin B6: 0.07mg (3.48%), Magnesium: 13.4mg (3.35%), Potassium: 113.52mg (3.24%), Vitamin K: 2.94µg (2.8%), Vitamin B5: 0.26mg (2.64%), Vitamin E: 0.34mg (2.28%)