DietCloud – Recipe

Recipe Name: PESARATTU
Diet Type: Vegetarian
Course: General Course
Cuisine: Indian
Quantity:



Description

Pesarattu is a traditional South Indian crepe originating from Andhra Pradesh, crafted primarily from nutrient-dense whole green gram (moong dal) blended with fragrant ginger, green chillies, and cumin. Unlike standard dosas, it requires no batter fermentation, offering a naturally green, thin, and crisp texture. It is elegantly folded and served with creamy coconut chutney and flavorful spice powder (podi).
[PROS]
- Rich in plant-based protein and dietary fiber for long-lasting satiety
- Low glycemic index supporting stable blood sugar levels
- Abundant in essential vitamins, minerals, and digestive spices like ginger and cumin
[CONS]
- High fiber and legume intake may cause mild gas or bloat for sensitive digestive systems
- Requires a 4 to 6-hour advance soaking period for the whole moong
[DIETITIAN REVIEW]
Score: 9/10. Pesarattu is an exemplary health-focused breakfast that swaps refined grains for nutrient-dense whole pulses. The addition of digestive spices enhances bioavailability while providing complex carbohydrates and lean protein.

Ingredients

Ingredient	Quantity
• Whole moong / Green gram	1 cup
• Raw rice	2 tbsp
• Green chilli	2
• Ginger	1/2 inch
• Cumin seeds	1/2 tsp
• Salt	as needed
• Water	as needed
• Ghee or cooking oil	to drizzle over Pesarattu
• Chopped onion	for topping

- green chilli and carrot

DietCloud – Recipe

Preparation

• 1.

• Thoroughly wash the whole green moong and raw rice, then soak them together in sufficient water for 4 to 6 hours or overnight.

• 2.

• Drain the soaked moong and rice, then transfer them to a blender along with ginger, green chillies, cumin seeds, salt, and a splash of water.

• 3.

• Blend into a smooth, pourable batter that resembles dosa batter consistency.

• 4.

• Heat a tawa or skillet over medium-high heat and grease lightly with oil or ghee.

• 5.

• Pour a ladleful of batter in the center and spread it in a smooth circular motion towards the edges to create a thin crepe.

• 6.

• Sprinkle chopped onions, green chillies, and carrots on top if desired, drizzle a little ghee or oil around the edges, and cook until golden brown and crispy.

• 7.

• Fold the pesarattu in half and serve hot immediately with coconut chutney and podi.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	10	40	4	5	2