DietCloud – Recipe

Recipe Name: Chettinad Sweet Paniyaram Recipe - Chettinad Sweet Paniyaram Recipe

Diet Type:

Course: Snack

Cuisine: Chettinad

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup idli dosa mixture	10
• 4 tablespoons rice rava	
• 1/3 cup jaggery	
• 3 tablespoons coconut - grated	
• 1 tablespoon of cardamom powder	
• salt - as per taste	
• water - as per use	
• oil - as per use	

Preparation

• To make the Chettinad sweet paniyaram recipe, firstly mix and mix idli dosa mixture, rice rava, jaggery, coconut, salt, elaichi powder, some water in a mixing bowl.
• Keep aside for 5 minutes and mix again.
• Heat the paniyaram pan and add some oil to each ho.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	4	35	12	2	15