DietCloud – Recipe

Recipe Name: BUCKWHEAT DOSA
Diet Type: Vegetarian
Course: General Course
Cuisine: Indian
Quantity:



Description

This buckwheat dosa is a crisp, lacy, gluten-free savory crepe crafted from finely ground buckwheat flour seasoned with cumin and green chilies. Cooked to a deep golden brown with a distinctive perforated texture, it delivers an earthy, nutty flavor with satisfying crunch. It is traditionally served hot alongside fresh coconut chutney, mint-coriander dip, or seasoned curd.
[PROS]
- Naturally gluten-free and suitable for celiac-friendly diets
- High in soluble fiber and resistant starch, supporting gut health and blood sugar regulation
- Rich in heart-healthy antioxidants, particularly rutin and quercetin
[CONS]
- Delicate, gluten-free batter can tear easily if the pan is not adequately heated
- Buckwheat has a strong, earthy flavor that may require an acquired taste for some
[DIETITIAN REVIEW]
Score: 9/10. An outstanding whole-grain breakfast or light dinner option that provides sustained energy without spiking glucose levels. Pairing it with a protein-rich lentil sambar or spiced Greek yogurt makes it an exceptionally well-rounded, nutrient-dense meal.

Ingredients

Ingredient	Quantity
• Buckwheat flour (kuttu atta)	1/2 cup
• Water	3/4 cup (adjusted for thin, pourable consistency)
• Plain low-fat yogurt	1 tablespoon
• Cumin seeds	1/2 teaspoon
• Green chili • finely minced	1/2 teaspoon
• Salt (or rock salt)	1/4 teaspoon
• Ghee or sesame oil	1 teaspoon

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Preparation

• 1.

• In a mixing bowl, whisk together the buckwheat flour, yogurt, cumin seeds, minced green chili, salt, and water until a smooth, thin, pourable batter forms without any lumps.

• 2.

• Heat a seasoned cast-iron or non-stick tawa over medium-high heat until very hot, and lightly brush the surface with a few drops of ghee or oil.

• 3.

• Stir the batter well, then pour a ladleful starting from the outer circumference toward the center, allowing the thin batter to naturally settle into a porous, lacy pattern without spreading it with the ladle.

• 4.

• Drizzle a few drops of ghee around the perimeter and over the center, cooking uncovered over medium heat until the edges curl and the bottom turns crisp and deep golden brown.

• 5.

• Carefully loosen the edges using a flat spatula, gently fold the dosa in half, and transfer immediately to a plate to serve warm.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	10	60	10	8	2