DietCloud – Recipe

Recipe Name: Ragi Drumstick Adai
Diet Type: Vegetarian
Course: General Course
Cuisine: Indian
Quantity:



Description

Ragi Drumstick Adai is a savory South Indian pancake made from nutrient?dense finger?millet flour and protein?rich lentils, studded with tender pieces of drumstick (moringa) pods. The batter is spiced with cumin, curry leaves, and red chilies, then pan?fried to a crisp golden?brown finish. It’s traditionally served hot with coconut chutney or tomato salsa, making a wholesome breakfast or snack.
[PROS]
- High in calcium and iron from ragi
- Rich plant protein and fiber from mixed dals
- Low glycemic index, supports steady blood sugar
[CONS]
- Requires soaking and grinding of multiple legumes
- Can be calorie?dense if cooked with excess oil
[DIETITIAN REVIEW]
The adai offers a balanced blend of complex carbs, protein, and micronutrients, making it an excellent choice for energy and bone health. The inclusion of drumstick adds vitamin C and antioxidants. Score: 8/10

Ingredients

Ingredient	Quantity
• Ragi (finger millet) flour	30?g
• Toor dal (split pigeon peas)	15?g
• Chana dal (split Bengal gram)	10?g
• Urad dal (split black gram)	5?g
• Rice (short grain)	10?g
• Drumstick (moringa) pods • chopped	30?g
• Cumin seeds	½?tsp
• Mustard seeds	¼?tsp
• Curry leaves	5?leaves

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• Red chilies • dried	2?pieces

• Asafoetida (hing)	a pinch

- Turmeric powder ¼?tsp

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• Salt	to taste

- Oil (for cooking) 1?tbsp

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- Water ?120?ml

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Preparation

• 1.

• Soak toor dal, chana dal, urad dal, and rice together for at least 4?hours; rinse and drain.

• 2.

• Grind the soaked dals and rice with cumin, red chilies, and water to a smooth batter (?2?mm thickness).

• 3.

• Transfer batter to a bowl, stir in ragi flour, turmeric, salt, and chopped drumstick; let rest 10?minutes.

• 4.

• Heat a non?stick skillet, add a few drops of oil, pour a ladle of batter, spreading gently to a 6?inch circle.

• 5.

• Drizzle a little oil around the edges, cook 2?3?minutes until golden, flip and cook another minute.

• Serve hot with coconut chutney.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	10	8	2