

Recipe Name: Peanut Pudding Recipe - Salt Pudding / Firm Mod Modak

Diet Type:

Course: Snack

Cuisine: Maharashtrian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Rice flour	12
• 1 cup Water	
• 1 teaspoon Sunflower Oil	
• 1/4 teaspoon Salt	
• 1 cups White Urad Dal (Whole) - soaked for 4 hours	
• 2 Green Chillies - chopped	
• 1 inch Ginger - chopped	
• 1/4 teaspoon Asafoetida (hing)	
• Salt - to taste	
• 1 teaspoon Sesame (Gingelly) Oil	
• 1 teaspoon Mustard seeds	
• 1 sprig Curry leaves - finely chopped	

Preparation

- Drain the water completely.
- Combine the dal, green chillies, ginger, salt and asafoetida powder and blend.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	10	40	20	4	20