DietCloud – Recipe

Recipe Name: Kuthiraivali Kozhukattai

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

Kuthiraivali Kozhukattai are soft, steamed dumplings made with horse?gram (kuthiraivali) and rice flour, filled with a sweet coconut?jaggery mixture and lightly drizzled with ghee. The bite?size balls are off?white with a glossy sheen and a dusting of grated coconut, perfect for a wholesome snack or dessert.
[PROS]
- High in plant?based protein and dietary fibre from horse?gram
- Low glycaemic index due to minimal refined sugars
- Rich in iron and antioxidants from jaggery and coconut
[CONS]
- Requires soaking and grinding of horse?gram, adding prep time
- Contains added sugar from jaggery, so should be enjoyed in moderation
[DIETITIAN REVIEW]
The dumplings provide a balanced mix of complex carbs, protein and healthy fats, making them a nutritious treat. The fibre and iron from horse?gram support digestion and blood health, while the modest jaggery adds natural sweetness. Score: 8/10

Ingredients

Ingredient	Quantity
• Horse?gram flour (kuthiraivali)	30?g
• Rice flour	20?g
• Grated fresh coconut	15?g
• Jaggery • grated	10?g
• Cardamom powder	¼?tsp
• Water	?50?ml
• Salt	Pinch
• Ghee (for serving)	5?g

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Preparation

• 1.

• Soak 30?g horse?gram for 4?hours, then grind to a fine flour; combine with rice flour and a pinch of salt.

• 2.

• Add water gradually and knead into a smooth, pliable dough; let rest for 10?minutes.

• 3.

• In a small pan, melt jaggery with 5?g ghee, stir in grated coconut and cardamom to form a sweet filling; set aside.

• 4.

• Divide the dough into small balls, flatten each, place a teaspoon of coconut?jaggery filling in the centre, and seal to form smooth dumplings.

• 5.

• Steam the dumplings in a steamer for 8?10?minutes until firm and glossy.

• 6.

• Serve warm, drizzled with a little extra ghee and a sprinkle of grated coconut.

Macronutrients

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