DietCloud – Recipe

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



Description

Preparation Methods
There are two main approaches to making spinach dosa:
Using Pre-Made Batter: The simplest method involves blanching or cooking spinach leaves, blending them into a smooth purée with spices like green chilies and ginger, and then mixing this purée into existing idli/dosa batter or store-bought batter.Instant/Fresh Batter: This method involves grinding soaked rice and urad dal with fresh spinach leaves and spices to make a fresh batter, which typically requires a shorter fermentation time or can be used instantly.

Ingredients

Ingredient	Quantity
• Need to Fill	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	4	40	9	2	1