DietCloud – Recipe

Recipe Name: BUCKWHEAT CHILLA

Diet Type:

Course: General Course

Cuisine: Indian

Quantity:



Description

Buckwheat Chilla is a wholesome and savory Indian-style pancake, crafted from nutritious buckwheat flour. These golden-brown crepes are typically seasoned with mild spices and fresh herbs, offering a naturally gluten-free and fiber-rich meal. They are often served warm with chutneys or yogurt for breakfast, lunch, or a light dinner.
[PROS]
- Naturally gluten-free, suitable for celiac or gluten-sensitive individuals

- High in dietary fiber, promoting digestive health and satiety
- Good source of plant-based protein, supporting muscle health
- Rich in essential minerals like magnesium, manganese, and copper
- Has a low glycemic index, aiding in stable blood sugar management
[CONS]
- Buckwheat has a distinct earthy flavor that might not appeal to everyone.

- Can become dry or brittle if overcooked or if the batter consistency is too thick.
[DIETITIAN REVIEW]
This Buckwheat Chilla is an excellent choice for a healthy and satisfying meal, especially for those seeking gluten-free options. Buckwheat's impressive nutritional profile, including its high fiber and protein content, promotes satiety and stable blood sugar levels, making it a valuable addition to a balanced diet. It's a fantastic way to incorporate complex carbohydrates and essential minerals. Score: 9/10

Ingredients

Ingredient	Quantity
• Buckwheat flour (kuttu atta)	1/2 cup
• Water	1/2 cup (or as needed)
• Ginger • grated	1/2 teaspoon
• Green chili • finely chopped	1/4 teaspoon (or to taste)

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• Fresh cilantro • chopped	1 tablespoon

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• Cumin powder	1/4 teaspoon

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• Red chili powder	1/8 teaspoon (or to taste)

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• Salt	To taste

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• Oil or Ghee	1 teaspoon (for cooking)

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Preparation

• 1.

• In a mixing bowl, combine buckwheat flour, grated ginger, chopped green chili, chopped cilantro, cumin powder, red chili powder, and salt.

• 2.

• Gradually add water to the dry ingredients, whisking continuously to form a smooth, lump-free batter of pouring consistency, similar to a thin pancake batter.

• Let it rest for 10-15 minutes.

• 3.

• Heat a non-stick pan or tawa over medium heat.

• Lightly grease it with a few drops of oil or ghee.

• 4.

• Pour a ladleful of batter onto the hot pan and quickly spread it in a circular motion to form a thin chilla.

• 5.

• Drizzle a little oil or ghee around the edges and cook for 2-3 minutes until the underside turns golden brown and releases easily from the pan.

• 6.

• Flip the chilla and cook for another 1-2 minutes until both sides are evenly cooked and lightly crisp.

• 7.

• Repeat with the remaining batter (this recipe yields approximately 2 small chillas for one portion).

• Serve the Buckwheat Chilla hot with your favorite chutney or yogurt.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	6	40	8	4	2