

Recipe Name: Tamil Nadu Style White Paniyaram Recipe
- Semi Sweet Rice & Dal Printers

Diet Type: Vegetarian

Course: Snack

Cuisine: Chettinad

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Rice - soaked for 2 hours	4
• 2 tablespoon Black Urad Dal (Whole) - soaked for 2 hours	
• 1/4 cup Milk	
• 1 tablespoon Sugar	
• Salt - to taste	
• Sunflower Oil - for deep frying	

Preparation

- To begin making the Tamil Nadu Style Vellai Paniyaram Recipe, wash and soak rice and urad dal in water for 2 hours.
- Grind them till completely smooth in a Mixer grinder.
- Add only just enough water for it to grind and do not make it watery.
- Keep the batter a.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	10	60	15	2	10