

Recipe Name: Spinach Coriander Dosa Recipe - Spinach and Coriander Dosa Recipe

Diet Type: Vegetarian

Course: South Indian Breakfast

Cuisine: South Indian Recipes

Quantity: 2 pieces



Ingredients

Ingredient	Quantity
• 3 cups rice - soaked overnight	5
• 1 cup white urad dal - soaked overnight	
• 1 tsp fenugreek seeds - soaked overnight	
• 2 tsp salt	
• 100 grams spinach - finely chopped	
• green coriander - little	
• Oil - as per use	

Preparation

- To make the spinach coriander dosa recipe, first put the soaked urad dal in a mixer grinder and grind it.
- Add some water and make a paste.
- Take it out separately.
- Now put rice in a mixer grinder with water, grind it and make batter.
- Take care not to add t.

Macronutrients

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