

Recipe Name: Left Over Vadai Upma Recipe
Diet Type: Vegetarian
Course: South Indian Breakfast
Cuisine: South Indian Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 6 Medu vada	4
• 1 tablespoon Ginger - finely chopped	
• 2 Green Chillies - finely chopped	
• 1 Onion - finely chopped	
• 1 pinch Asafoetida (hing)	
• 1/2 teaspoon Mustard seeds	
• 1/2 teaspoon Chana dal (Bengal Gram Dal)	
• 1 Dry Red Chilli	
• 1 sprig Curry leaves	
• 1 sprig Coriander (Dhania) Leaves	
• Salt - to taste	
• Sunflower Oil - as required	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	10	50	15	5	3