

Recipe Name: BLACK RICE IDLI
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Description

Energy 493kcalProtein 14gCarbohydrates 96gFiber 7gFat 3.3gCalcium 52mgFolate75gIron3.1mg

INGREDIENTS

1 cup = 240mlBlack rice / Karuppu arisi – 1 cupIdli rice / salem rice – 1 cupWhite, Round urad dal – 1/2 cupMethi seeds / Fenugreek seeds – 1/2 tspThick Poha / Pressed rice / aval – 2 tbsp

HOW TO MAKE BLACK RICE IDLI

Wash and soak idli rice, black rice, urad dal, methi seeds and poha for 6 hours. Black rice takes longer time to soak. Grind everything to a smooth paste adding required water and salt. Transfer the idli batter to a vessel. Mix the batter with hands. Cover and ferment over night. The next morning mix the batter well. Steam in idli pot till done. Remove and enjoy with chutney, sambar !

Ingredients

Ingredient	Quantity

Preparation

- Wash and Soak black rice, idli rice, urad dal & fenugreek separately for 6 hours.
- 8 hours].
- Pour idly batter.
- Then steam it for 10 min.

Macronutrients



Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
493	14	96	3.3	7	

