DietCloud – Recipe

Recipe Name: KAMBU IDLY
Diet Type: Vegetarian
Course: Indian Breakfast
Cuisine: Indian
Quantity:



Description

Kambu Idly is a wholesome, nutrient-dense South Indian specialty made from fermented pearl millet and black gram lentils. These steamed, speckled cakes boast a distinctive earthy flavor, pillowy-soft texture, and a naturally greyish hue. Traditionally arranged on a fresh banana leaf, they are served piping hot alongside tangy tomato chutney or flavorful sambar.
[PROS]
- High in dietary fiber, supporting gut motility and prolonged satiety
- Low glycemic index, helping prevent sharp postprandial glucose spikes
- Abundant in micronutrients, notably non-heme iron, magnesium, and phosphorus
[CONS]
- Contains natural goitrogens, which warrants caution in individuals with untreated hypothyroid conditions
- Denser mouthfeel and distinct grain flavor that may take time to adapt to if accustomed to white rice idlis
[DIETITIAN REVIEW]
Score: 9/10. An outstanding alternative to refined grain breakfasts, this dish pairs complex whole-grain millet carbohydrates with gut-supportive microbial fermentation and lean plant protein from urad dal. It is an exceptional dietary choice for individuals managing diabetes, insulin resistance, or weight management.

Ingredients

Ingredient	Quantity
• Kambu (Pearl millet)	3 cups
• Urad dal (Whole white lentils)	1 cup
• Fenugreek seeds	1 tbsp
• Salt	to taste
• Water	as needed

Preparation

• 1.
• 1.

DietCloud – Recipe

• Thoroughly rinse the kambu (pearl millet) in clean water 2 to 3 times, then soak it in ample water for 5 to 6 hours.
• 2.
• 2.
• In a separate bowl, rinse the urad dal and fenugreek seeds together, soaking them in water for about 3 to 4 hours.
• 3.
• 3.
• Drain the urad dal and fenugreek seeds, transferring them to a wet grinder or high-powered blender; grind with ice-cold water in intervals until light, airy, and frothy.
• 4.
• 4.
• Drain the soaked kambu and grind it separately with minimal water into a slightly grainy, smooth paste.
• 5.
• 5.
• Combine both batters together in a large mixing bowl, add salt to taste, and aerate well by mixing vigorously with clean hands.
• 6.
• 6.
• Cover the bowl loosely and allow the batter to ferment undisturbed in a warm environment for 8 to 10 hours until doubled in volume.
• 7.
• 7.
• Lightly oil idli plates, gently spoon the fermented batter into the cavities without deflating the air pockets, and steam on high for 10 to 12 minutes until a toothpick inserted comes out clean.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
369	11.4	62.2	3	8.9	