DietCloud – Recipe

Recipe Name: GREEN GRAM IDLY

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

Green Gram Idly is a nutrient-dense, protein-rich twist on the classic South Indian steamed dumpling, prepared with wholesome green moong beans, ginger, and aromatic seasonings. The visual presentation features four soft, gently textured, speckled greenish-beige idlis garnished with fresh coriander on a yellow-rimmed white plate, accompanied by vibrant coconut and tomato-onion chutneys. Steamed to a pillowy consistency, it serves as a deeply satisfying and wholesome breakfast or light dinner.
[PROS]
- High in plant-based protein and dietary fiber to promote prolonged satiety
- Lower glycemic index compared to traditional white rice idlis, aiding blood sugar control
- Virtually oil-free preparation method that supports cardiovascular health
[CONS]
- High oligosaccharide content in green gram may cause mild flatulence or bloating in sensitive individuals
- Requires advance preparation for soaking and resting to achieve optimal texture and digestibility
[DIETITIAN REVIEW]
Score: 9/10. An outstanding diabetic-friendly and weight-management alternative to standard rice idlis, providing an abundance of bioavailable micronutrients such as folate, iron, and magnesium. Pairing it with a modest portion of chutney yields an exceptionally balanced, low-fat meal with a low glycemic impact.

Ingredients

Ingredient	Quantity
• Whole green gram (moong)	1/2 cup
• Rice Rava	1 Cup
• Green chili	1 small, chopped
• Fresh ginger	1/2 teaspoon, grated
• Cumin seeds	1/4 teaspoon
• Salt	1/2 teaspoon (to taste)
• Oil	1/2 teaspoon (for greasing)
• Water	As needed for blending

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Preparation

• 1.

• 1.

• Wash and soak the whole green gram in sufficient water for 4 to 6 hours; rinse and drain completely.

• 2.

• 2.

• Transfer the soaked green gram to a blender along with ginger, green chili, cumin seeds, and a splash of water, grinding to a semi-smooth, thick batter.

• 3.

• 3.

• Fold in the idli rava and salt, stirring well, and allow the batter to rest for 15 to 30 minutes to absorb moisture.

• 4.

• 4.

• Lightly grease the idli plates with a few drops of oil and spoon the batter evenly into the molds.

• 5.

• 5.

• Steam in an idli steamer or covered pot over medium-high heat for 10 to 12 minutes until a toothpick inserted into the center comes out clean.

• 6.

• 6.

• Allow the idlis to cool for 2 minutes before demolding with a damp spoon; serve warm with coconut and tomato chutneys.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	20	60	2	10	5