DietCloud – Recipe



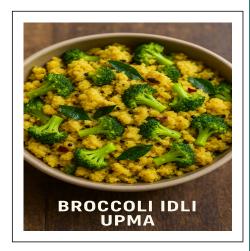
Recipe Name: BROCOLLI IDLY UPMA

Diet Type: Vegetarian

Course:

Cuisine: Indian

Quantity: 1 bowl



Description

Preparing the idlis: Cut the leftover idlis into small pieces. Prepare the vegetables: Cut the broccoli into small pieces and quickly steam it. You can also chop the carrots and other vegetables of your choice. Seasoning: Heat oil in a pan and add mustard seeds, urad dal, gram flour, curry leaves and green chillies. Mixing: Add chopped idli pieces, steamed broccoli, carrots and other vegetables to the seasoned mixture. Final touch: Add salt and mix well. Garnish with coriander leaves and serve hot. Serving: This can be eaten with chutney or sambar.

Ingredients

Ingredient Quantity

Need to Fill

Preparation

Macronutrients

 Calories (kcal)
 Protein (g)
 Carbs (g)
 Fat (g)
 Fiber (g)
 Sugar (g)

 300
 9
 36
 0
 12.5
 0