



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



Description

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	