DietCloud – Recipe

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

Description

Energy 369kcalProtein 11.4gCarbohydrates 62.2gFiber 8.9gFat 3gCalcium 42mgFolate82g

Ingredients

Ingredient	Quantity

Preparation

Macronutrients

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