INDIAN · BREAKFAST

Keto Almond Dosa with Coconut Chutney

30 min · Serves 4 · 346 kcal a serve · Video 7:32 · HK's Keto & Low Carb Recipes

Vegetarian

Almond flour and mozzarella replace the rice-and-lentil batter, so a dosa with its chutney has about 5 g net carbs and no eggs, and the almonds make it rich in vitamin E.

Diet notes: Keto (5.1 g net carbs a serve); Gluten-free with a swap: Most hing (asafoetida) is cut with wheat flour; use a gluten-free brand or leave it out.

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Ingredients 15 · SERVES 4

- [ ] 72 g **almond flour** (2 tbsp, 18 g, per dosa)
- [ ] 60 g grated **mozzarella** (2 tbsp, 15 g, per dosa)
- [ ] 120 ml **coconut milk** (2 tbsp, 30 ml, per dosa)
- [ ] a pinch of **ground cumin** per dosa
- [ ] a pinch of **hing** (asafoetida) per dosa, plus a pinch for the chutney
- [ ] a little **oil** for the pan (about ½ tsp per dosa)
- [ ] 100 g **fresh coconut**, for the chutney
- [ ] 10 g **ginger**
- [ ] 1 **green chilli**, deseeded
- [ ] 2 tbsp **water** (a little more if needed)
- [ ] 1 tbsp **coconut oil**, for the tempering
- [ ] ½ tsp **mustard seeds**
- [ ] 1 **dried red chilli**
- [ ] 1 tsp **curry leaves**
- [ ] **salt**, to taste (batter and chutney)

Contains: Gluten, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Chutney: blend the coconut, ginger, green chilli and a little salt with 2 tbsp water to a coarse paste, adding a splash more water if it won't grind. Tip into a bowl. 0:56
2. Heat the coconut oil in a small pan, add the mustard seeds, dried red chilli, curry leaves and a pinch of hing. When the seeds pop, pour the hot oil over the chutney and stir in. 1:39
3. Dosa batter (one at a time): mix 2 tbsp almond flour, 2 tbsp grated mozzarella and 2 tbsp coconut milk with a pinch each of salt, cumin and hing. 2:36
4. Very lightly oil a non-stick pan over medium heat, pour in the batter and spread it out thin with the back of a spoon. 3:03
5. Cook until the underside is brown and crisp, the batter is cooked through and the edges lift from the pan, then fold it over. 3:18
6. Serve straight away with a quarter of the chutney, and repeat to make 4 dosas.

> **Tip** A serve is 1 dosa with a quarter of the chutney. Coconut flour won't work in place of the almond flour. Add extra cheese, or fill with a keto vegetable bhaji.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
346 kcal	**9.1 g**	**9.9 g**	**4.8 g**	**32 g**	**490 mg**
1,450 kJ	18% of a day	5.1 g net · 2.7 g sugars	17% of a day	20 g saturated	21% of a day
		4% of a day		41% of a day	

Energy from net carbs 6% · protein 11% · fat 83% — fits keto: 5.1 g net carbs, 83% of the energy from fat

High in (20%+ of a day) Vitamin E 32%

Source of (10–19%) Magnesium 18% · Iron 15% · Selenium 15% · Calcium 14% · Zinc 14%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=x7PdqNM-z6o, published 23 June 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-almond-dosa-coconut-chutney