

Dal Palak

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/north-indian-dal-palak-recipe>

Ingredients:

- 1 cup urad dal
- 1/2 teaspoon turmeric powder
- 1 teaspoon cumin seeds
- 1 inch ginger minced fine or grated
- 1 small green chile minced
- 2 cups fresh spinach chopped
- 1 teaspoon mustard seeds
- 1/4 teaspoon asafoetida powder /hing, optional
- 1/2 teaspoon red chili powder
- 1/4 teaspoon red pepper
- 1 cup water
- 3 tablespoons ghee or coconut oil, for vegan
- salt to taste

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 30 grams
3. Fat: 8 grams
4. Fiber: 15 grams
5. Protein: 13 grams
6. Sodium: 220 milligrams
7. Sugar: 1 grams

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