

Indian Moong Dal Khichdi

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 2 tablespoons butter cooking oil, olive oil, ghee, or coconut oil
- 1 red onion medium, chopped
- 1 tablespoon coriander seeds whole, or ground
- 1 tablespoon turmeric powder
- 1/2 teaspoon cayenne pepper
- 1/2 cup basmati rice white
- 1 cup moong dal split yellow mung beans or red lentils
- 12 cloves garlic peeled
- 2 tablespoons ginger root peeled, diced
- 1 lemon juiced
- salt to taste
- cilantro or parsley for garnish, optional

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 15 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 4 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 320 milligrams
9. Sugar: 2 grams

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