

# Indian Red Lentil And Potato Dhal

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/best-indian-red-lentil-recipe>

## Ingredients:

- 14 ounces red lentils ready made
- 2 potatoes medium size
- 1 red onion finely chopped
- 1 tablespoon red curry paste
- 1/2 teaspoon garam masala
- 1/2 teaspoon tumeric
- 1/2 teaspoon dried chili flakes
- 1 teaspoon curry powder indian
- 1 teaspoon sugar
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger
- 7 ounces canned chopped tomatoes
- 1/3 cup coconut milk
- 1 tablespoon lemon juice
- 1 handful chopped cilantro

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 86 grams
3. Fat: 6 grams
4. Fiber: 35 grams
5. Protein: 30 grams
6. SaturatedFat: 4 grams
7. Sodium: 85 milligrams
8. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Indian Red Lentil And Potato Dhal above. You can see more 20 best indian red lentil recipe You must try them! to get more great cooking ideas.