

Tinda Chana Dal

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/bitter-gourd-with-egg-indian-recipe>

Ingredients:

- 250 grams gourd
- 1 cup chana dal
- 2 tablespoons vegetable oil
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon fennel seeds
- 1/2 cup onion
- 3 green chilli
- 6 cloves Crushed
- 1/2 cup tomato
- 1/2 teaspoon turmeric powder
- salt to taste
- 2 tablespoons ghee
- 1/4 teaspoon heeng
- 1 teaspoon cumin seeds
- 1 teaspoon chilli powder

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 38 grams
3. Fat: 15 grams
4. Fiber: 11 grams
5. Protein: 11 grams
6. SaturatedFat: 1 grams
7. Sodium: 220 milligrams
8. Sugar: 9 grams

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