

Whole Masoor Dal (Brown Lentils)

Yield: 4 min
Total Time: 85 min

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

Ingredients:

- 1 tablespoon neutral oil
- 1 cup masoor dal whole
- 1 small yellow onion
- 1/2 teaspoon cumin seeds
- 2 teaspoons ginger garlic paste
- 1 medium tomato or 2-3tbsp tomato paste
- 1 pinch asafetida optional
- 1/4 teaspoon turmeric
- 1/2 teaspoon chili powder
- 1/4 teaspoon Garam Masala
- salt to taste
- fresh coriander optional
- pickle optional
- lemon wedges optional

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 35 grams
3. Fat: 4 grams
4. Fiber: 17 grams
5. Protein: 13 grams
6. Sodium: 310 milligrams
7. Sugar: 3 grams

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