

Black chana sundal / Senaga Gugillu

Yield: 4 min
Total Time: 620 min

Recipe from: <https://www.recipeschoose.com/recipes/chana-sundal-south-indian-recipe>

Ingredients:

- water to soak chana
- salt as needed
- 1 tablespoon cooking oil
- 1 teaspoon mustard seeds
- 1 teaspoon urad dal
- 2 teaspoons chana dal
- 1/2 teaspoon cumin seeds
- 3 curry leaves
- 1 teaspoon ginger
- 1 red chilli
- 1 green chilli
- asafetida / Hing - 1/4 tsp
- 1/4 teaspoon turmeric powder
- 2 tablespoons coriander leaves

Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 3 grams
3. Fat: 4 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. Sodium: 200 milligrams
7. Sugar: 1 grams

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