

Radish Sambhar

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/dal-sweet-christmas-recipe>

Ingredients:

- 1 cup dal
- salt to taste
- 1/2 teaspoon turmeric powder
- 250 grams radish
- 1 cup tomato
- 2 tablespoons vegetable oil
- 1 teaspoon mustard seeds
- 20 curry leaves
- 6 red chillies
- 1 cup onion
- 3 tablespoons sambhar powder
- 1 tablespoon vegetable oil
- 1/2 teaspoon mustard seeds
- 12 curry leaves

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 35 grams
3. Fat: 10 grams
4. Fiber: 17 grams
5. Protein: 13 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 200 milligrams
8. Sugar: 5 grams

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