

# Ellipaya Karam ~ Garlic Dry Chilies Powder

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/dry-urad-dal-recipe-pakistani>

## Ingredients:

- 1 tablespoon chana dal Senagapappu ~
- 1 tablespoon urad dal Minapappu ~
- 1 tablespoon moong dal Pesarapappu ~
- 1 teaspoon flax seeds I skipped it. Can substitute ? tsp each of chana, moong and urad dal
- 1/2 teaspoon black peppercorns Miriyalu ~
- cumin seeds
- 1/2 teaspoon jeera
- 8 dry red chilies – 10 medium – long Endu Mirapakayalu ~, adjust to taste
- 35 curry leaves – 40 Karivepaku ~
- 1/2 teaspoon turmeric powder Pasupu ~
- 1 tablespoon salt adjust to taste
- 8 garlic cloves – 10 medium to large Ellipayalu ~, approximately 2 – 3 tbsp.

## Nutrition:

1. Calories: 40 calories
2. Carbohydrate: 7 grams
3. Fat: 1 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. Sodium: 1780 milligrams

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