

Indian Dhal

Yield: 4 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-dhal-recipe-uk>

Ingredients:

- 1 1/4 cups yellow split peas
- 1 onion
- 5 garlic cloves
- 1 tablespoon turmeric
- 1/2 tablespoon cumin seeds
- 2 tablespoons mustard seeds
- 3 tablespoons vegetable oil
- 3 1/8 cups water
- 7/8 cup coconut milk
- 1 carrot medium-sized
- 2 tomatoes large
- pepper
- salt
- ginger syrup optional:

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 58 grams
3. Fat: 25 grams
4. Fiber: 20 grams
5. Protein: 19 grams
6. SaturatedFat: 12 grams
7. Sodium: 240 milligrams
8. Sugar: 13 grams

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