

Spicy Red Lentil Dip.

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1 cup red lentils picked over and rinsed
- 2 teaspoons curry powder
- 1 teaspoon onion powder
- 1 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon turmeric
- 1/2 teaspoon Garam Masala
- 1/2 teaspoon cumin
- crackers for serving

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 33 grams
3. Fat: 1 grams
4. Fiber: 16 grams
5. Protein: 13 grams
6. Sodium: 640 milligrams
7. Sugar: 1 grams

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