

Dhal Curry

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 1 cup dhal
- 1 inch ginger julienned, 30g
- 2 cloves garlic minced
- 2 dried chilies broken into pieces
- 1 sprig curry leaves stem removed
- 1/4 teaspoon ground turmeric
- 2 cups water 480ml
- salt to taste
- 2 tablespoons butter
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- 1 onion sliced
- 4 jalapeno peppers seeded and sliced
- 3 tomatoes cubed

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 15 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 2 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 250 milligrams
9. Sugar: 4 grams

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