

Indian Toor Dal

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-toor-dal-recipe>

Ingredients:

- 2 1/16 cups toor dal
- 3 tablespoons vegetable /sunflower oil
- 1 teaspoon fenugreek /methi seeds
- 1 teaspoon cumin seeds
- 1 teaspoon black mustard seeds
- 10 fresh curry leaves
- 2 inches fresh ginger finely grated/chopped
- 1/2 teaspoon asafoetida /hing powder
- 2 chillies small, chopped into three
- 2 tomatoes chopped
- 1/2 teaspoon chilli powder
- 2 teaspoons turmeric powder
- 1 teaspoon tamarind concentrate
- 6 3/4 tablespoons water
- 2 teaspoons salt

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 66 grams
3. Fat: 1.5 grams
4. Fiber: 33 grams
5. Protein: 27 grams
6. Sodium: 1200 milligrams
7. Sugar: 4 grams

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