

Dal/ Daal/ Dhal

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 1 cup dal
- 1 cup vegetables chopped, you can use your choice of, like squashes, raw
- mango
- vegetables
- 1/2 onion
- 4 cloves
- 2 green chillies
- 1 lemon juice
- 2 tablespoons blueberry
- 2 tablespoons oil
- 2 red chillies
- salt to taste
- 1/4 teaspoon turmeric powder
- 1/4 teaspoon mustard seeds
- 1/4 teaspoon cumin seeds
- asafoetida a pinch
- cilantro handful finely chopped
- 1 tablespoon ghee
- mustard greens with Moong Dal

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 52 grams
3. Fat: 11 grams
4. Fiber: 20 grams
5. Protein: 16 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 240 milligrams
8. Sugar: 11 grams

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