

Indian Yellow Split Pea Dal

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-yellow-split-pea-dahl-recipe>

Ingredients:

- 1 cup yellow split peas uncooked
- 2 cups water or vegetable broth
- 1 teaspoon turmeric
- 1/4 teaspoon cayenne
- 1/2 teaspoon salt plus more to taste
- 1 tablespoon margarine
- 1 onion diced
- 1 1/2 teaspoons cumin whole seeds or ground
- 2 whole cloves
- 1 dash pepper to taste

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 33 grams
3. Fat: 3.5 grams
4. Fiber: 14 grams
5. Protein: 13 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 340 milligrams
8. Sugar: 5 grams
9. TransFat: 0.5 grams

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