

# Bhuni Mash Ki Daal – Pakistani Style White Urid Lentils

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/mash-ki-daal-pakistani-recipe-shiren-apa>

## Ingredients:

- 5 tablespoons oil
- 1 medium onion chopped finely
- 5 cloves garlic minced
- 1 inch ginger chunk, minced
- 2 small tomatoes
- 1 teaspoon salt
- 1/2 teaspoon chilli powder
- 1 1/2 teaspoons coriander powder
- 1 1/2 teaspoons cumin powder
- 1 teaspoon cumin seeds
- 1/3 teaspoon turmeric
- 1 cup lentils Urid
- butter to serve
- fresh coriander for garnish, optional
- green chilli for garnish, optional

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 15 milligrams
4. Fat: 25 grams
5. Fiber: 16 grams
6. Protein: 14 grams
7. SaturatedFat: 5 grams
8. Sodium: 650 milligrams
9. Sugar: 4 grams

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