

Mooli Ke Patte Wali Moong Dal

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/moong-lentils-indian-recipe>

Ingredients:

- 1 cup lentil
- 2 cups radish greens
- salt to taste
- 1 teaspoon turmeric powder
- 2 tablespoons ghee
- 2 teaspoons garlic
- 1/4 teaspoon heeng
- 1 teaspoon cumin seeds
- 1 teaspoon red chili powder

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 31 grams
3. Fat: 6 grams
4. Fiber: 16 grams
5. Protein: 13 grams
6. Sodium: 240 milligrams
7. Sugar: 1 grams

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