

# Sabut Moong Dal | Green Moong Dal Tadka

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/pride-of-india-moong-dal-recipe>

## Ingredients:

- 200 grams moong dal
- 1 teaspoon salt
- 1 teaspoon chili powder
- 1/2 teaspoon turmeric powder
- 2 1/2 tablespoons ghee for tempering
- 1 teaspoon Garam Masala
- 1/4 cup onion chopped
- 2 tomato chopped
- 1 teaspoon cumin
- 2 whole red chilli
- 1 green chilli chopped
- 1 teaspoon ginger chopped
- 1/4 teaspoon asafoetida hing
- juice uncheckd lime
- 1 tablespoon coriander leaves

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 14 grams
3. Fat: 7 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. Sodium: 670 milligrams
7. Sugar: 8 grams

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