

Bhuni Moong Masoor Ki Dal

Pakistani Food

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-food-easy-recipe>

Ingredients:

- 1 sliced onion
- 3 chopped tomatoes
- 5 green chilies
- 1 tablespoon cumin seeds
- 1 tablespoon red chili powder
- 1/2 teaspoon turmeric powder
- salt to Taste
- spices Garam Masala Powder 1/2 tsp
- green chili optional
- coriander optional

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 15 grams
3. Fat: 1 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. Sodium: 230 milligrams
7. Sugar: 7 grams

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