

# Dal Pakwan | Sindhi Dal Pakwan | Dal Pakwan

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 1 cup maida All purpose flour
- 3/4 tablespoon rice flour
- 1 tablespoon oil
- 3/4 teaspoon cumin seeds
- 1 pinch chilli powder Kashmiri red
- 1/2 teaspoon salt
- 1/4 teaspoon oil to finish the dough
- 1/4 cup water
- oil for Frying Pakwan
- 1/2 cup lentil Yellow Moong
- 3 1/2 cups water
- 2 tomato chopped
- 1 green chilli deseeded and chopped
- 1 1/4 teaspoons salt
- 1/2 teaspoon chilli powder kashmiri red
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon garam masala powder I have taken Mild Garam masala, you can adjust the quantity as per your wish
- 1 tablespoon lemon juice
- 1 handful leaves Corriander

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 47 grams
3. Fat: 10 grams
4. Fiber: 9 grams
5. Protein: 10 grams

6. SaturatedFat: 0.5 grams
  7. Sodium: 1050 milligrams
  8. Sugar: 3 grams
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