

# Spicy Indian Dahl

Yield: 6 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-indian-dahl>

## Ingredients:

- 1 cup red lentils
- 2 tablespoons ginger root minced
- 1 teaspoon mustard seed
- 2 tablespoons chopped fresh cilantro
- 4 tomatoes chopped
- 3 onions chopped
- 3 jalapeno peppers seeded and minced
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander seed
- 6 cloves garlic minced
- 2 tablespoons olive oil
- 1 cup water
- salt to taste

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 30 grams
3. Fat: 5 grams
4. Fiber: 13 grams
5. Protein: 10 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 140 milligrams
8. Sugar: 6 grams

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