

Indian Lemon Rice

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-urad-dal-recipe>

Ingredients:

- 1 cup rice long grained
- 2 green chilies finely chopped
- 1 inch ginger piece, peeled and finely chopped
- 1/4 cup peanuts
- 1/4 teaspoon turmeric
- salt to taste
- 2 lemons juiced
- cilantro for garnish, optional
- 2 teaspoons olive oil
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- 1 teaspoon urad dal

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 24 grams
3. Fat: 7 grams
4. Fiber: 5 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 200 milligrams
8. Sugar: 2 grams

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