

Palong Shak Daal/Daal Palong/Spinach Daal

Yield: 4 min
Total Time: 10 min

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

Ingredients:

- masoor dal /Moongdal - 1 cup
- 4 cups spinach leaves
- 4 tablespoons oil
- 1/4 cup onion
- 3 red chili
- 1 teaspoon cumin
- 1 teaspoon ginger paste
- 1 teaspoon garlic paste
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon coriander powder
- 1/2 teaspoon red chili powder
- salt to taste

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 3 grams
3. Fat: 14 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 230 milligrams
8. Sugar: 1 grams

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