

# Moong Dal: Vegetarian Indian Yellow Lentil Dhal

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 1 cup mung dal
- 2 cups water or vegetable broth
- 1 teaspoon turmeric
- 1 dash cayenne pepper or more, if you like spice!
- 1/2 teaspoon salt
- 2 tablespoons vegan margarine or olive oil
- 1 onion diced
- 1 teaspoon cumin seeds
- 2 whole cloves
- black pepper to taste

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 6 grams
3. Fat: 6 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 420 milligrams
8. Sugar: 2 grams
9. TransFat: 1 grams

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