

Moong Dal Gravy /Split Green gram Gravy

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1/2 cup moong dal
- 1/2 teaspoon turmeric powder
- 3 tablespoons coriander leaves Finely Chopped
- salt to taste
- 2 tablespoons ghee /Clarified Butter
- 1 teaspoon cumin seeds
- 1 teaspoon chopped green chilies Finely
- 1 teaspoon ginger grated
- 4 tablespoons grated coconut freshly
- 4 dry red chilies
- 1 teaspoon coriander seeds
- 3 cloves
- 3 tablespoons water

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 4 grams
3. Fat: 9 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 3 grams
7. Sodium: 240 milligrams
8. Sugar: 1 grams

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