

South Indian Kale Stir-fry/ Kale Curry

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 3 tablespoons toor dal
- 3 tablespoons coconut
- 1/2 teaspoon salt
- 2 tablespoons oil
- 2 dried red chili
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon urad dal
- 1/8 teaspoon asafetida

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 7 grams
3. Fat: 9 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 300 milligrams

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