

# Indian Dal Nirvana (Dal Makhani)

Yield: 4 min  
Total Time: 75 min

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

## Ingredients:

- 1 cup dry lentils
- 6 ounces crushed tomato canned, or tomato puree, but not tomato paste
- 1 tablespoon fresh ginger grated
- 1 tablespoon minced garlic
- 1 teaspoon cayenne pepper or less depending on your spice preference
- 1 cup water
- 4 tablespoons butter
- 1/8 teaspoon salt more to taste
- freshly ground black pepper
- 1/3 cup heavy cream
- 2 tablespoons fresh cilantro minced

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 65 milligrams
4. Fat: 21 grams
5. Fiber: 16 grams
6. Protein: 14 grams
7. SaturatedFat: 13 grams
8. Sodium: 230 milligrams
9. Sugar: 1 grams

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