

Yellow Moong Dal

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 1 cup dal moog
- 1/4 teaspoon turmeric powder
- 1 1/2 tablespoons ghee
- 1/2 cumin seeds
- 1 garlic chopped
- 1 medium tomato chopped
- 1 teaspoon Garam Masala
- 1/2 teaspoon chilli powder mild
- 4 tablespoons plain yogurt
- salt per taste
- coriander optional
- onion rings optional
- fresh red chilli optional

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 16 grams
6. Protein: 13 grams
7. Sodium: 210 milligrams
8. Sugar: 3 grams

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