



Sundal Recipe (Diabetic Friendly)

Ingredients

- Cube MAGGI Magic Cubes Vegetarian (Crumbled)
- 1/3 1/3 Cups Black Chana (Soaked overnight)
- Cups Hot Water
- Teaspoon Oil
- Teaspoon Mustard Seeds
- Dry Red Chillies
- Teaspoon Urad Dal
- Curry Leaves
- gm Hing (Asafoetida)
- gms Green Chillies
- 1/2 1/2 Ginger
- Teaspoons Fresh Coconut (Grated)
- Tablespoon Lime Juice

Instruction

1. Pressure cook soaked chana for 2 whistle with 4 cups of water. Strain and keep aside. (Use the strained water for making dals, curries or gravies)
2. Heat oil in a kadai, add mustard seeds, urad dal and allow it to splutter. Then add dry red chillies, curry leaves and asafoetida and sauté for 2 mins. Then add green chillies and ginger. Cook for a minute and add cooked chana, MAGGI Magic cubes and mix well.
3. Add fresh coconut and mix well. Adjust salt to taste and mix well. Cook for a minute. Turn off the flame add lemon juice mix and serve.

Nutrition

Carbohydrates	7.59 g
Energy	67.2 kcal
Fats	2.61 g
Protein	3.21 g

20 Minutes

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