

Recipe Name: Moong Dal Khichdi Recipe For Babies And Toddlers Over 10 Months

Diet Type: Vegetarian

Course: Lunch

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1/4 cup Rice	4
• 1/4 cup Yellow Moong Dal (Split)	
• 1 Carrot (Gajjar) - finely chopped	
• 3 Green beans (French Beans) - finely chopped	
• 1 teaspoon Ghee	
• 1/4 teaspoon Cumin seeds (Jeera)	
• 1/4 teaspoon Asafoetida (hing)	
• Salt - a pinch	

Preparation

- Pressure cook the dal and rice for 3 whistles, reduce the flame to low and leave it for 2 minutes.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
200	8	35	4	4	2