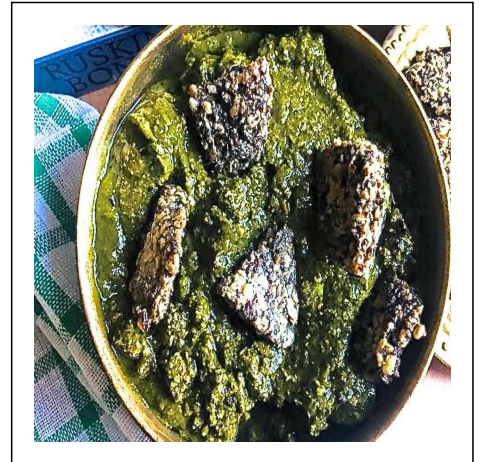


Recipe Name: Sepu Vadi Recipe (Himachali Split Urad Dal Dumplings In Spinach Gravy)
Diet Type: Vegetarian
Course: Side Dish
Cuisine: Himachal
Quantity:



Ingredients

Ingredient	Quantity
	3

Preparation

- For the Dumplings (Vadi)To make Sepu Vadi Recipe (Himachali Split Urad Dal Dumplings In Spinach Gravy), make the dumplings by washing and soaking urad dal (split black gram) in about 1.5-2 cups water overnight.
- Drain and wash the dal.
- Heat water in a steamer.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	22	60	10	8	4