



Recipe Name: OATS MOONG DAL RECIPE
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Ingredients

Ingredient	Quantity
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• Need to Fill	
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Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
400	20	60	10	8	5