



Recipe Name: PALAK TOOVAR DAL

Diet Type:

Course:

Cuisine: Indian

Quantity:



Ingredients

Ingredient

Quantity

• Need to Fill

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
370	22	60	10	10	5