



Recipe Name: MASOOR DAL WITH SPINACH
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Ingredients

Ingredient	Quantity
• Need to Fill	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	18	60	10	10	5