DietCloud – Recipe

Recipe Name: Goan Masoorchi Usali Recipe

Diet Type:

Course: Lunch

Cuisine: Goan Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup lentils	2
• 1 onion - finely chopped	
• 1 tomato - finely chopped	
• 2 tablespoons coconut - grated	
• 2 tablespoons oil	
• 1/4 teaspoon salt - to taste	
• 1 green chili - thinly chopped Take	
• 1 teaspoon Rye	
• 1 teaspoon Cumin seeds	
• Asafoetida - a pinch	
• 1/2 teaspoon Turmeric Powder	
• 1 Sprig Curry Leaf	
• 2 tablespoons Coriander - Cut	

Preparation

• ???? ?????? ???? ????? ?? ??? ???? ???? ???? ??? ?? ?? ?? 2 ?? 3 ???? ?? ??? ???? ??.

• ???? ??? ?? ?????? ???? ??? 2 ?? ???? ?? ??? ????? ???? ??? ???? ?? 2 ???? ??? ?? ??? ??.

• 2 ???? ??? ?? ??? ??? ??? ???? ?? ?????? ???? ?? ?????? ??.

• ?? ????? ??? ?????, ????, ??? ????? ???? ?? 20 ???????? ?? ??? ??.

DietCloud – Recipe

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)