



Dal Makhani

A VEGAN ENTRE SIDE DISH / SOUP

Label description: Lentils and beans in a low fat, high plant protein dish that serves as an entrée, side dish, soup or as wrap filling. Add ½ can of water, mix, heat and serve. Use as a wrap filling without adding water.

Recipes: Various recipes like Bean soup and Bean Khichari using Dal Makhani are on the web site.

Bean Soup: Combine one can of JYOTI Dal with one full can of water, heat and serve as a hearty bean soup.

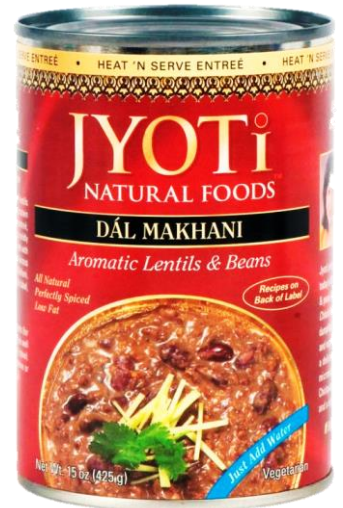
Variations:

1. Substitute part of the water with tomato juice, buttermilk, plain yogurt or a broth of your liking.
2. Boil 1 cup chopped vegetables with one can of water till done to your liking, then add the can of Dal and simmer a few minutes for a delicious vegetable soup.

Package: Steel cans, 15 oz (425 g)

Shelf Life (from date of production): **3 years**

Ingredients: Water, black lentils (Urad) and dark Red kidney beans (Rajmah), fresh onions, sunflower oil, fresh ginger (can be fibrous), lemon juice concentrate, fresh garlic, spices (cumin, coriander, turmeric, hing), salt.



Nutrition Facts	
Serving Size 2.5oz (71g), 4oz prepared	
Servings Per Container about 6	
Amount Per Serving	
Calories 90	Calories from Fat 20
%Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 300mg	12%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 5g	11%
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	

Sodium Note: Dal Makhani is normally served with rice and breads which share its salt, or as a soup.

JYOTI Natural Foods

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