

# CHANA DAL

## SPECIFICATION

- Product Name - Chana Dal
- Origin - Indian Subcontinent
- Family - Fabaceae
- Binomial name - Cicer arietinum

## INGREDIENTS

- Nutrients - Calories - 364 kcal, Total Carbohydrate 61 g, Dietary Fiber 17 g
- Minerals - Calcium, Iron, Magnesium
- Vitamins - Vitamin A, Vitamin C, Vitamin B6
- Protein - 19 g
- Fats - 6g

## USES & BENEFITS

- Chana Dal is a great energy booster. It contains around 100 calories and is rich in vitamins and minerals.
- Chana Dal is also said to improve insulin response. As it is rich in magnesium, Chana Dal improves insulin response by lowering insulin resistance.
- Chana Dal is also effective in the regulation of Blood pressure. It contains a high amount of potassium and a low amount of sodium which makes it an effective blood pressure regulator.
- Chana Dal also has a high amount of Fiber. Fiber helps slow digestion and makes you feel full for a longer period.

