

MASOOR DAL & RED LENTIL

SPECIFICATION

- **Product Name** - Masoor Dal / Red Lentil
- **Origin** - Western and Central Asia
- **Family** - Lens culinaris
- **Binomial name** - Legumes

INGREDIENTS

- **Nutrients** - Calories 116, Total Carbohydrate 20 g, Dietary fiber 8 g
- **Minerals** - Magnesium, Cobalamin
- **Protein** - 9 g
- **Fats** - 0.4g

USES & BENEFITS

- Red Lentils consist of Polyphenols. Polyphenols are active compounds that fight against various bad agents in the body. They protect you from ultraviolet rays, radiation, heart disease, cancer so on, and so forth.
- They are rich in proteins. Protein deficiency is sometimes found in vegans and vegetarians. Eating lentils is a good source of protein for your body.
- Red lentils are also a good source of Iron. Iron is essential for keeping oxygen pumping throughout your body.
- Red lentils are also a very good source of fiber. Fiber is essential to maintain a good digestive system and also useful for weight loss.

