

URAD DAL GOTA

SPECIFICATION

- Nutrients
 - Protein
 - Vitamin
 - Minerals
- Urad Dal
 - India
 - Fabaceae
 - Vigna mungo

USES & BENEFITS

- Urad dal is rich in fibre, both soluble and insoluble. Thus, it helps to improve our digestion. It bulks up the stool and stimulates peristaltic motion.
- Urad dal is rich in fibre, magnesium and potassium. This makes it beneficial for your heart health. It maintains our cardiovascular system healthy by maintaining cholesterol levels and preventing atherosclerosis.
- Urad dal has a high iron content. This helps in increasing the overall energy levels in your body and keeps you active.
- Urad dal contains essential minerals such as magnesium, iron, potassium, phosphorus and calcium. These help in improving your bone mineral density.

