

URAD DAL SPLIT

SPECIFICATION

- **Nutrients**
 - **Protein**
 - **Vitamin**
 - **Minerals**
- Urad Dal Split
 - India
 - Fabaceae
 - Vigna mungo. (L.) Hepper

USES & BENEFITS

- Urad Dal Split has a high amount of Folic Acid. Folic Acid is required for various metabolic processes of your body.
- Urad Dal Split is also good for your blood. The Folic Acid in this dal helps your body to form and maintain new cells.
- Urad Dal Split is rich in calcium and Phosphorus. Therefore, this dal is said to be very good for your bones and teeth.

