

WHOLE MASOOR SPECIFICATION

- Product Name - Whole Masoor
- Origin - Mediterranean
- Family - Leguminosae
- Binomial name - Lens culinaris Medikus

INGREDIENTS

- Nutrients - Calories 127 kcal, Total Carbohydrates 20g, Dietary Fiber 3.3g
- Minerals - Calcium, Iron, Magnesium
- Vitamins - Vitamin A, Vitamin B1, Vitamin B2, Vitamin B3
- Protein - 7.3 g
- Fats - Fat 1.9g

USES & BENEFITS

- Whole Masoor may help Stabilise Blood Sugar Level. It has a low glycemic index and inhibits the rate at which food is absorbed in the small intestine by blood.
- Due to the high proportion of dietary fibre, masoor dal effectively lowers the amount of cholesterol in the body and is thus healthy for the heart.
- Masoor dal is also consumed for weight loss. It has the perfect amount of carbohydrates with low-fat content.
- Masoor dal is a powerhouse of vitamins and other nutrients like calcium and magnesium. Thus it also helps to maintain healthy teeth and bones.

