

Palak Dal Khichdis

Category: Main Dish

Ingredients:

- Basmati Rice - 1 Cup
- Green Gram Split - Skinless - .5 Cup
- Spinach - 2 Cup
- Ginger - 1 Tsp
- Green Chilli (fresh) - 2 Piece
- Cumin seeds - 1 Tsp
- Turmeric Powder - .5 Tsp
- Ghee - 2 Tsp
- Rock Salt - .5 Tsp
- Water - 4 Cup

Nutrition:

- Calories: 1163.28
- Protein: 55.23
- Fat: 125.34
- Carbs: 219.77