

BLACK URAD WHOLE 1KG



Elevate your meals with **Swastik Black Urad Whole 1KG**, also known as *Sabut Urad Dal* or *Whole Black Gram*. This protein-rich legume is a staple in Indian cuisine,



known for its earthy flavor and creamy texture when cooked. Ideal for dals, curries, and South Indian dishes like idli and dosa batters.

Swastik Black Urad Whole 1KG - Premium Whole Black Gram for Traditional Indian Cooking

Elevate your meals with **Swastik Black Urad Whole 1KG**, also known as *Sabut Urad Dal* or *Whole Black Gram*. This protein-rich legume is a staple in Indian cuisine, known for its earthy flavor and creamy texture when cooked. Ideal for dals, curries, and South Indian dishes like idli and dosa batters.

□ **Key Features:**

- **100% Natural & Unpolished Whole Black Urad**
- **High in Protein & Dietary Fiber** - Great for strength and gut health
- **Rich in Iron, Magnesium & Calcium** - Boosts energy and immunity
- **Perfect for Indian Dals, Curries & Fermented Dishes**
- **Hygienically Processed & Packed for Freshness**

□ **Health Benefits:**

- Supports muscle building and energy levels
- Improves digestion and bowel movement



- Strengthens bones and helps manage cholesterol
- Ideal for vegetarian and vegan diets

☐ **Usage Ideas:**

- Prepare rich, creamy *dal makhani* or *sabut urad* curry
- Use in dosa/idli batter mix for added nutrition
- Soak overnight for sprouting or faster cooking

☐ **Pack Size: 1 Kilogram**

☐ **Brand: Swastik**

Choose **Swastik Black Urad Whole 1KG** – your go-to legume for nutritious, hearty, and authentic Indian meals.

Categories: Lentile