



## BLACK URAD WHOLE 2KG



Experience the rich taste and health benefits of **Swastik Black Urad Whole 2KG**, also known as *Sabut Urad Dal*. A staple in Indian households, this legume is packed



with protein, fiber, and essential minerals, making it perfect for hearty dals, creamy curries, and South Indian recipes. This 2KG bulk pack is ideal for regular use and family kitchens.

### **Swastik Black Urad Whole (Sabut Urad Dal) 2KG - Premium Quality Whole Black Gram for Everyday Nutrition**

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#### **□ Key Features:**

- **100% Natural & Unpolished Whole Black Gram**
- **High in Protein & Dietary Fiber** - Aids digestion and muscle growth
- **Rich in Iron, Calcium & Magnesium** - Supports bone health & immunity
- **Perfect for Dal Makhani, Curries, and Fermented Foods**
- **Bulk Pack (2KG)** - Economical and suitable for frequent use

#### **□ Health Benefits:**

- Helps build stamina and improves digestion



- Supports heart and bone health
- Keeps you fuller for longer – aids in weight control
- Ideal for plant-based, vegetarian, and diabetic diets

#### □ **Popular Uses:**

- Classic North Indian *Dal Makhani*
- *Sabut Urad Curry* with rice or roti
- Fermented idli/dosa batter for a protein boost

#### □ **Pack Size: 2 Kilograms**

#### □ **Brand: Swastik**

Choose **Swastik Black Urad Whole 2KG** – your trusted ingredient for delicious, wholesome, and protein-packed meals every day.

**Categories:** Lentile