

BLACK URAD WHOLE 5KG



Power up your kitchen with **Swastik Black Urad Whole 5KG**, also known as *Sabut*

Urad Dal. This nutrient-dense legume is a pantry essential in Indian households, loved for its creamy texture and deep flavor in traditional recipes like dal makhani, urad curry, and dosa batter. The 5KG bulk pack is ideal for large families, meal prepping, and food service use.

Swastik Black Urad Whole (Sabut Urad Dal) 5KG - Bulk Pack of Protein-Rich Whole Black Gram

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□ Key Features:

- **100% Natural, Unpolished Whole Black Urad**
- **High in Protein & Fiber** – Supports muscle strength & digestive health
- **Rich in Iron, Calcium & Magnesium** – Boosts energy and bone health
- **Bulk 5KG Pack** – Economical choice for homes, restaurants & caterers
- **Fresh, Hygienically Packed** – Long shelf life with retained aroma & texture

□ Health Benefits:

- Builds stamina and promotes satiety



- Aids digestion and gut health
- Strengthens bones and supports immunity
- Perfect for plant-based and vegetarian diets

□ **How to Use:**

- Make creamy *Dal Makhani* or *Sabut Urad Sabzi*
- Use in fermented idli/dosa batter for better nutrition
- Soak and cook for soups, curries, or sprouted salads

□ **Pack Size: 5 Kilograms**

□ **Brand: Swastik**

Choose **Swastik Black Urad Whole 5KG** – the premium bulk pack for authentic flavor, consistent quality, and everyday wellness in every meal.

Categories: Lentile