

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,



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### **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