



CHANA DAL 1KG



Add authentic taste and nutrition to your meals with **Swastik Chana Dal 1KG** – a rich source of plant-based protein, dietary fiber, and essential minerals. Made from



high-quality desi chickpeas, this split Bengal gram is perfect for dals, soups, curries, and traditional Indian dishes.

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## **Swastik Chana Dal 1KG - Premium Split Bengal Gram for Everyday Indian Cooking**

Add authentic taste and nutrition to your meals with **Swastik Chana Dal 1KG** - a rich source of plant-based protein, dietary fiber, and essential minerals. Made from high-quality desi chickpeas, this split Bengal gram is perfect for dals, soups, curries, and traditional Indian dishes.

### **□ Key Features:**

- **100% Natural & Unpolished Chana Dal**
- **Rich in Protein & Fiber** - Supports digestion and muscle health
- **Low in Fat & Cholesterol-Free** - Ideal for heart-healthy diets
- **Naturally Cleaned & Hygienically Packed**
- **Perfect for Everyday Cooking - Dal fry, soups, snacks & more**

### **□ Health Benefits:**

- Boosts energy and helps manage weight



- Supports digestive and cardiovascular health
- Suitable for diabetic, vegetarian, and low-GI diets
- Keeps you full and nourished throughout the day

#### □ **Usage Ideas:**

- Classic Indian **Dal Fry** or **Tadka Dal**
- Used in **vada**, **pakora**, or **chutneys**
- Mix with rice, vegetables, or in khichdi

#### □ **Pack Size: 1 Kilogram**

#### □ **Brand: Swastik**

Choose **Swastik Chana Dal 1KG** – your go-to dal for everyday flavor, nutrition, and quality you can trust.

**Categories:** Lentile