

VAL RAGOONI 1KG



Swastik Rangooni Vaal, also known as **Rangoon Beans or Val Beans**, is a

high-quality legume prized in **Gujarati, Maharashtrian, and South Indian** cooking. Known for its **rich, nutty flavor** and **creamy texture**, Rangooni Vaal is ideal for dishes like **Rangooni Vaal nu Shaak, Vaal Usal, stews, and sprouted curries**. It's also a great source of **plant-based protein, fiber, and essential minerals**.

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This **1Kg pack** is perfect for home kitchens that enjoy traditional, protein-rich Indian meals.

Key Features:

- 100% Natural & Unpolished Rangooni Vaal
- Rich in Protein, Fiber & Essential Nutrients
- Ideal for Vaal Shaak, Usal, and Sprout-Based Recipes
- Enhances Traditional Flavor & Digestive Health
- Hygienically Cleaned & Packed – No Preservatives

Categories: Lentile