



YELLOW MOONG DAL 1KG



Enjoy light, healthy, and easy-to-digest meals with **Swastik Yellow Moong Dal 1Kg**. Made from premium-quality moong beans that are dehusked and split, this dal



is a staple in Indian kitchens for its mild flavor, quick cooking time, and nutritional richness. Perfect for making khichdi, dal fry, soups, and baby food.

Swastik Yellow Moong Dal - 1Kg Pack

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□ Key Features:

- **100% pure, dehusked & split yellow moong dal**
- **Unpolished, natural & free from additives**
- **Rich in protein, fiber, iron, and antioxidants**
- **Quick to cook, easy to digest & gentle on the stomach**
- **Ideal for khichdi, dal, soups & everyday cooking**

□ Health Benefits:

Swastik Yellow Moong Dal is low in fat and high in **plant-based protein and essential nutrients**, making it perfect for weight management, diabetes-friendly diets, and healthy digestion.



□ **Packaging:**

- Hygienically packed 1Kg bag
- Airtight & moisture-resistant to retain freshness and nutrition

□ **Keywords to Target (SEO):**

Yellow Moong Dal 1Kg, Buy Yellow Moong Dal Online, Swastik Moong Dal, Unpolished Split Moong Dal, Healthy Indian Dal, High Protein Pulses, Moong Dal for Khichdi and Soup

Categories: Lentile