



Gram Daal



Chana Daal, also known as Bengal gram, is the most widely grown Daal in India. Its pale-yellow color has a sweet, nutty aroma. Chana Daal has a very high nutritious value. It is praised by diabetics for its incredibly low index on the Glycemic index. (The Glycemic index measures the effect of foods on blood sugar levels.) Bengal gram is often stewed with vegetables, especially bitter gourds and squashes.

We proficiently deal in traditional Chana Daal. Our dry chana Daal is remarkable for its purity. The natural Chana Daal we supply in the market is processed through our highly developed processing method that ensures its hygienic quality. We are one of the leading chana Daal manufacturers and exporters from India.

Description :

CHANA Daal or split chickpeas are sweet and nutty flavor. These are the most popular Daal in India. They are made from spitting a small relative of the chickpeas in half. They are a dull yellow and are renowned for causing flatulence, which Indians try to counter by adding asafetida to the dish. Chana Daal OR chickpeas half is further grinded for flour which is known as BESAN and used for making a wide range of Indian dry sn



Make it Some Gram Daal Recipes

Khatte Chane - Lemony Boiled Split Bengal Gram

Ingredients:

- * Split Bengal Gram/Chana Daal - 1 cup
- * Turmeric - 1/2 tsp
- * Salt - to taste
- * Black Pepper Powder - to taste
- * Finely chopped Green chilies - 1 tbsp
- * Coriander/Cilantro leaves - 1/2 cup, finely chopped
- * Lemon Juice - to taste

Method :

- * Wash and soak the Daal for 4-6 hours preferably. Drain the water away and wash them well.
- * Now boil them in warm water, taking care you do not add too much of water to it. When the Daal has softened up, still in its shape, the water shouldn't be there, it should be dry. So, while boiling water, add only a cup of water and if it dries up before the Daal being softened, add little amount of warm water to it.
- * Remove the Daal and add black pepper powder, salt, coriander leaves, lemon juice and chopped green chilies. Serve it warm.

Gram Daal Products Prices Rates in Rs. 2000 /2050 (+50) (per qtl.)

Note :- Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order



Contact Us

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