



Urad dal (Split Matpe or Beluga Beans)



Description: The Urd bean is best cooked without soaking first. Uraddal is used to make dosas, the crisp pancakes of southern India and also pappadums. In some parts of India, Uraddal is used as a seasoning with mustard seeds and for curries.

These lentil-like Urad beans have black skins covering creamy white interiors. Black skin provides them rich earthy flavor. They have an uncanny ability to absorb flavors. Black Lentil provides protein and cholesterol-lowering soluble fiber, as well as about twice as much iron as other legumes. It is recommended for diabetics, as are other pulses. Lentils are higher in most B vitamins and folate, which is especially important for women of childbearing age because folate reduces the risk of birth defects.

Urad dal is all 100% natural & hygienically processes. With respect to its other features, this dal is low in fat, zero cholesterol and is an excellent source of protein and fiber. Our pulses are delectable and highly nutritious. Whole (with skin) urad dal derive their strong, earthy flavor from the black skins and are often used in curries. It is its nutritious value, which witness a large demand.

There are three types of Urad Dal:

1. Whole urad
2. split black urad with skin
3. and split washed white urad

Urad dal has black skin, while the inside is creamy white. This white lentil is rich in protein and the iron content is good for improving hemoglobin count. Urad dal is great for vegan and low fat diets.

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



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