

MOONG DAL LADOO



Recipe

Moong dal ladoo are sweetened lentil flour balls usually made for festivals. These are high in protein and are great for anyone looking to include more protein in the diet.

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Servings: 15 moong dal ladoo

Calories: 111 kcal

Ingredients (240 ml cup used)

- 1 cup moong dal or pesara pappu / split skinned mung lentils Rs. 27.5
- $\frac{3}{4}$ cup sugar (prefer organic, can also use powdered jaggery) Rs. 5.76
- $\frac{1}{4}$ cup coconut oil + 2 tbsp (use as needed) Rs. 8

COST FOR 15 Ladoos: Rs. 41.26

This is our top most recommendation as moong dal is available in most states. 100gms moong dal provides 24gms protein and cost Rs.12, whereas 4 eggs (100gms) provides 24gms protein but costs Rs.16

Recipe

Preparation for moong dal ladoo

1. Dry roast moong dal on a medium to low heat until it turns crunchy and roasted well. Cool this completely.
2. Add them to a blender jar and make a fine powder. If you prefer smooth ladoos, then you may need to sieve it but I do not do. Set this aside.
3. Powder sugar in the same jar. Set aside.
4. Heat a pan with oil.
5. Switch off the heat.
6. Add sugar and flour. Mix well and allow the mixture to cool down for a minute.

Making the moong dal ladoo

1. Take small portions of this mix and then begin to form balls holding it in the fist.
2. Shape them well. If needed melt some oil and pour it.
3. Cool moong dal ladoo completely and store in a air-tight jar.

Nutrition Facts

Moong Dal Ladoo (35 gm per piece)	For 1 ladoo (g)	Energy (KJ)	Carbohydrates (g)	Protein (g)	Fats (g)	Calcium (g)	Magnesium (g)	Iron (g)	Zinc (g)	Energy (KCal)
Moong dal	16.67	227.17	8.83	4.00	0.23	7.19	25.83	0.66	0.42	54.29
Jaggery	12.50	185.00	10.63	0.23	0.02	13.38	14.38	0.58	0.06	44.21
Coconut Oil	4.17	108.79	0.33	0.30	2.64	1.33	4.05	0.13	0.06	26.0
	33.33	520.96	19.79	4.53	2.88	21.90	44.26	1.36	0.53	124.51

URAD DAL LADOO



Recipe

Urad dal ladoos are a variation to the popular andhra minapa sunnundalu.

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Servings: 12

Calories: 200 kcal

Ingredients (240 ml cup used)

- | | |
|---------------------------------|----------|
| • 1 cup urad dal minapa pappu | Rs. 25 |
| • $\frac{3}{4}$ to 1 cup sugar | Rs. 5.76 |
| • $\frac{1}{2}$ cup coconut oil | Rs. 16 |

COST FOR 12 Ladoos: Rs. 46.76

100gms urad dal provides 25gms protein and cost Rs.7.50, whereas

4 eggs (100gms) provides 24gms protein but costs Rs.16

Recipe

Preparation

1. If you are not particular about washing urad dal, you can go ahead use it without washing. Otherwise wash and sun dry urad dal (can fan dry too for few hrs). Dry roast till you get a nice aroma. Powder it, you can mill it too.
2. Powder sugar finely, add to the powdered dal.

Making urad dal laddoo

1. Heat the coconut oil slightly.
2. Mix all the three ingredients along with sugar, run it in the blender once till slightly warm.
3. Transfer this mix to a plate and pour slightly hot oil little by little as needed.
4. Mix and make the balls. Add oil only when needed. You may not need to add the entire oil
5. Store urad dal laddoo in air tight jars.

Nutrition Facts

Urad Dal Ladoo (40 gm per piece)		Energy (KJ)	Carbohydrates (g)	Protein (g)	Fats (g)	Calcium (g)	Magnesium (g)	Iron (g)	Zinc (g)	Energy (KCal)
	For 1 laddoo									
Urad Dal	20.83	282.50	10.63	4.79	0.35	11.60	36.04	0.97	0.63	67.51
Jaggery	15.63	231.25	13.28	0.29	0.03	16.72	17.97	0.72	0.07	55.27
Coconut Oil	5.21	135.99	0.42	0.38	3.29	1.67	5.06	0.16	0.07	32.50
	41.67	649.74	24.32	5.46	3.67	29.98	59.07	1.86	0.77	155.29

<https://www.indianhealthyrecipes.com/nuvvulu-walnuts-sunnundalu-walnuts-urad-dal-laddoo/>

RAGI LADOO



Recipe

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Servings: 15

Calories: 204 kcal

Ingredients (240 ml cup used)

Ingredients for ragi laddoo

- 1 cups **RAGI FLOUR** or finger millet flour – sprouted or plain Rs.24
- ¼ cup peanuts or any other nuts Rs. 12.5

- 150 grams **JAGGERY** or palm sugar or sugar (refer notes) Rs. 4.8
- 1 ½ to 2 tbsp coconut oil Rs. 16

COST FOR 15 Ladoos: Rs. **57.3**

100 gms ragi provides 12.8 gms protein and cost Rs 4.50, whereas
4 eggs (100gms) provides 24gms protein but costs Rs.16

Recipe

Preparation for ragi laddoo

1. Heat 1 tbsp. oil and roast the flour on a low heat till you get a nice aroma of ragi. Set this aside to cool.
2. Dry roast peanuts, cool, remove the skin. It is optional to remove the skin.
3. Dry roast desiccated coconut lightly. Set aside to cool.
4. Powder together peanuts and coconut. You can even powder each of these separately if doing in large quantity.
5. Grate or powder jaggery or sugar.

Making ragi laddoo

1. In a large bowl mix the blended powder, jaggery, flour and sesame seeds that were set aside. Or you can just add the flour and jaggery to the blender if it fits.
2. Blend for about 1 to 2 minutes for the oil to ooze out from the mix. Make balls while the mix is still warm. If needed add melted warm oil and make ragi laddoo.
3. Store ragi laddoo in an airtight jar.

Nutrition Facts

Ragi Ladoo (35 gm per piece)			Energy (KJ)	Carbo hydrat es (g)	Prot ein (g)	Fats (g)	Calci um (g)	Mag nesi um (g)	Iron (g)	Zinc (g)	Energy (KCal)
	For 15 ladoo	For 1 ladoo									
Ragi Flour	250	16.67	223.67	11.17	1.17	0.33	60.67	24.33	0.77	0.42	53.45
Peanuts	62.5	4.17	90.67	0.72	0.99	1.65	2.25	8.21	0.14	0.13	21.66
Jaggery	150	10.00	148.00	8.50	0.19	0.02	10.70	11.50	0.46	0.05	35.37
Coconut oil	50	3.33	87.03	0.27	0.24	2.11	1.07	3.24	0.10	0.05	20.80
	512.5	34.17	549.37	20.65	2.58	4.11	74.68	47.28	1.48	0.65	131.30

<https://www.indianhealthyrecipes.com/ragi-ladoo-nachni-ladoo-recipe-finger-millet-recipe-s/>

MIXED DAL



Recipe (6 portions)

Ingredients

2 tbsp yellow moong dal (split yellow gram) 100 g Rs. 8.00

1 tbsp masoor dal (split red lentil) 50g Rs. 5.00

1 tbsp urad dal (split black lentils) 50g Rs.5.00

1/2 tsp turmeric powder (haldi)

salt to taste

1 tsp oil

1/2 tsp cumin seeds (jeera)

1/4 cup chopped onions 100 g Rs.5.00

1/4 tsp finely chopped green chillies

1 tsp chopped ginger (adrak)

1/2 cup chopped tomatoes 200g Rs. 6.00

2 tbsp chopped coriander (dhania)

Method

1. Combine all the dals, turmeric powder, salt and 1 cup of water in a pressure cooker and pressure for 2 whistles.
2. Allow the steam to escape before opening the lid. Keep aside.
3. Heat the oil in a deep non-stick pan and add the cumin seeds and sauté on a medium flame for 30 seconds.
4. Add the onions, green chillies and ginger and sauté on a medium flame for 1 minute.
5. Add the tomatoes, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
6. Add the cooked dals, ½ cup of water, coriander and little salt, mix well and cook on a medium flame for 4 minutes, while stirring occasionally.
7. Serve hot.

Mixed Dal (100 gm per portion)		Energy (KJ)	Carbo hydrates (g)	Prot ein (g)	Fats (g)	Calci um (g)	Mag nesi um (g)	Iron (g)	Zinc (g)	Energ y (KCal)
	For 1 portion									
Yellow moong dal (split yellow gram)	16.67	227.17	8.83	4.00	0.23	7.19	25.83	0.66	0.42	54.29
Masoor dal (split red lentil)	8.33	104.25	4.08	1.92	0.05	6.34	8.42	0.63	0.30	24.91
Urad dal (split black lentils)	8.33	113.00	4.25	1.92	0.14	4.64	14.42	0.39	0.25	27.0

Turmeric powder	0.83	2.22	0.04	0.06	0.01	5.49	1.52	0.07	0.01	0.52
Oil	0.83									
Cumin seeds	0.83	10.62	0.19	0.12	0.14	7.32	3.68	0.17	0.04	2.53
Onions	16.67	33.50	1.59	0.25	0.04	3.51	3.00	0.07	0.11	8.0
Green chillies	3.33	5.90	0.20	0.08	0.02	0.62	0.98	0.04	0.01	1.4
Ginger	1.67	3.83	0.15	0.04	0.01	0.31	0.91	0.03	0.01	0.91
Tomatoes	33.33	27.33	0.90	0.30	0.16	3.39	4.55	0.10	0.04	6.53
Coriander	5.00	6.50	0.10	0.18	0.04	6.30	3.63	0.27	0.03	1.55
	95.83	534.32	20.34	8.85	0.84	45.10	66.95	2.43	1.21	127.70

Bajra, Whole Moong and Green Pea Khichdi



Recipe

Preparation Time: 10 mins Cooking Time: 27 mins Total Time: 37 mins Makes 6 servings

Ingredients

1/4 cup bajra (black millet) , soaked for 5 hours and drained 60g Rs. 2.52

1/4 cup moong (whole green gram) 60g Rs. 6

[illegible]

	portion									
Bajra	10.00	145.60	6.18	1.10	0.54	2.74	12.40	0.64	0.28	34.7992 736
Moong dal	10.00	136.30	5.30	2.40	0.14	4.31	15.50	0.39	0.25	32.5765 178
Green peas	20.83	70.83	2.50	1.51	0.03	5.88	8.33	0.33	0.23	16.9295 9167
Oil	1.67									
Cumin	0.83	10.62	0.19	0.12	0.14	7.32	3.68	0.17	0.04	2.53
Asafoetida	0.83	11.56	0.60	0.05	0.01	2.22	0.80	0.13	0.01	2.76
Onions	20.83	41.88	1.99	0.31	0.05	4.38	3.75	0.09	0.14	10.00
Tomatoes	41.67	34.17	1.13	0.38	0.20	4.24	5.69	0.13	0.05	8.16
Garlic	1.67	8.63	0.37	0.12	0.00	0.33	0.45	0.02	0.01	2.06
Ginger	1.67	3.83	0.15	0.04	0.01	0.31	0.91	0.03	0.01	0.91
Green Chillies	1.67	2.95	0.10	0.04	0.01	0.31	0.49	0.02	0.00	0.70
Turmeric	0.83	9.78	0.41	0.06	0.04	1.02	2.17	0.38	0.02	2.33
Chilli Powder	1.67	16.50	0.49	0.21	0.11	1.66	3.85	0.10	0.03	3.94
	114.17	492.65	19.41	6.34	1.28	34.72	58.03	2.44	1.06	117.74

Drumstick leaves stir fry recipe – munagaku vepudu



Prep Time 10 minutes

Cook Time 20 minutes

Total Time 30 minutes

Servings 6

Calories 385 kcal

Ingredients (240 ml cup used)

- 3 potatoes large boiled , (peeled and cubed) 10.00 for 300g
- 2 cups drumstick leaves (adjust to suit your taste) 15.00 for 500g
- 3 garlic cloves crushed 2.00
- 1 sprig curry leaves 0.50
- 1 tbsp urad dal (minappapu) 4.00
- 1 tbsp chana dal (senaga pappu) 2.00
- 3 to 4 green chilies slit or red chili powder 1.00
- 1 Pinch hing 1.00
- 1 red chili broken
- 1 ½ tbsp Oil
- 1 Pinch turmeric
- 1/2 tsp cumin
- 1 Pinch mustard

Method:

1. Separate the leaves from the stalks and wash thoroughly in enough water, drain the leaves in a colander to remove water thoroughly.

2. Boil potatoes. Do not make them mushy, peel the skin and cube them. Set aside.
3. Heat a pan with oil, add cumin, mustard, dals, garlic and red chili. Fry till the dals turn golden. Add curry leaves and green chilies fry for 2 mins.
4. Add boiled potatoes, salt, turmeric and fry for 3 to 4 mins
5. Increase the flame to medium high. Add the leaves and fry till they wilt off. keep stirring and do not over fry to retain the nutrients.
6. Serve drumstick leaves stir fry with rice and sambar or rasam.

Nutrition Facts

Drumstick leaves (moringa) stir-fry		Energy (KJ)	Carbo hydrates (g)	Prot ein (g)	Fats (g)	Calci um (g)	Mag nesi um (g)	Iron (g)	Zinc (g)	Energy (KCal)
	For 1 portion									
Potatoes	50.00	146.00	7.50	0.77	0.12	4.76	12.04	0.29	0.14	34.89
Drumstick leaves	83.33	235.00	4.68	5.34	1.37	27.75	31.75	0.61	0.26	56.16
Garlic	0.83	4.32	0.18	0.06	0.00	0.17	0.23	0.01	0.01	1.03
Curry leaves	0.83	2.22	0.04	0.06	0.01	5.49	1.52	0.07	0.01	0.52
Urad dal	5.00	67.80	2.55	1.15	0.08	2.78	8.65	0.23	0.15	16.20
Chana dal	5.00	68.85	2.34	1.08	0.27	2.32	5.90	0.30	0.18	16.45
Green Chillies	1.67	2.95	0.10	0.04	0.01	0.31	0.49	0.02	0.00	0.70
Asafoetida	0.83	11.56	0.60	0.05	0.01	2.22	0.80	0.13	0.01	2.76
Red Chiilies	0.83	1.92	0.08	0.02	0.01	0.16	0.46	0.02	0.00	0.45
Oil	3.33									
Turmeric	0.83	9.78	0.41	0.06	0.04	1.02	2.17	0.38	0.02	2.33
Cumin	0.83	10.62	0.19	0.12	0.14	7.32	3.68	0.17	0.04	2.57
Mustard seeds	0.83	17.77	0.14	0.16	0.33	3.35	2.22	0.11	0.03	4.24
	154.17	578.78	18.80	8.91	2.39	57.63	69.89	2.35	0.86	138.33

Moong dal vadi recipe



Prep Time 15 minutes

Cook Time 15 minutes

Total Time 30 minutes

Servings 5

Calories 140 kcal

Ingredients (240 ml cup used)

- Yellow Lentils (Moong Daal) – 1/2 cup Rs. 13.75
- Black Cardamom Seeds – 1.5 tsp
- Peppercorns - 1 tbsp
- Green Chilli – 2
- Ginger – 1/2 inch
- Cumin seeds – 1/2 tsp
- Asafoetida – 1/4 tsp
- Cloves – 8
- Salt – 1/4 tsp

Approximate cost for 5 portions: Rs. 20

Method:

1. Wash and soak moong daal for 2 hours.
2. Grind the soaked daal with cloves, green chilli and ginger to make a smooth and thick paste.
3. Crush black cardamom seeds and peppercorn and mix in the paste.
4. Take the paste in a bowl, add asafoetida and mix for 1 minute to make it fluffier.
5. Spread a plastic sheet or greased plate in sunlight (or in a room)
6. Take some portion in your hand and drop small chick pea sized drops on the sheet.
7. You can fill this mixture in a squeeze bottle (the kind that you use for making jalebis or storing ketchup) OR You may also make a plastic cone like you make for applying henna (mehendi), fill it with the mixture and make vadis by pressing the cone.
8. Then let them dry for 2-3 days depending on the sunlight available. You can also dry them inside an airy room in case you do not have access to spots with direct sunlight.
9. When the vadis have dried completely, store in an airtight jar and use when needed

Note-

1. You can also make these vadis with just salt, asafoetida and chilli powder if you don't like them too spicy.
2. Shallow fry them in hot oil before adding in any curry or subzi.

To improve the nutrition of these vadis, kelp or spirulina, moringa and oyster mushroom powder can be added to the mix. This would help fortify the vadis.

- A 100-gram serving of kelp has approximately 43 calories. Kelp is rather low density; 100 grams is approximately 1 1/4 cups. Kelp consists of 76 percent carbohydrates, 14 percent protein and 10 percent fat. Kelp contains, per weight, more fiber than even brown rice -- 6.2 grams of fiber per 100 grams of wet weight -- without high levels of starchy carbohydrates.

<https://healthyeating.sfgate.com/nutritional-profile-analysis-kelp-1685.html>

- Dried Oyster Mushroom Powder:

100 g of Dried Oyster Mushroom Powder has 357 calories, 28.6 g of protein, 57 g of carbohydrates and 4.6 g of Iron.

<https://www.eatthismuch.com/food/nutrition/dried-oyster-mushrooms,139788/>

Nutrition Facts

Moong Dal vadi recipe		Energy (KJ)	Carbo hydrates (g)	Protein (g)	Fats (g)	Calcium (g)	Magnesium (g)	Iron (g)	Zinc (g)	Energy (KCal)
	For 1 portion									
Moong Dal	25	340.75	13.25	6.00	0.34	10.78	38.75	0.98	0.02	81.44
Pepper corn	5	45.5	1.81	0.51	0.14	20.25	9.80	0.60	0.01	10.87
Cardamom (Badi Elaichi)	2	22.64	1.05	0.13	0.06	6.24	5.72	0.16	0.01	5.41
Green Chillies	1	1.77	0.06	0.02	0.01	0.18	0.30	0.01	0.00	0.42
Ginger	1	2.3	0.09	0.02	0.01	0.19	0.55	0.02	0.00	0.54
Cumin seeds	1	12.74	0.23	0.14	0.17	8.78	4.42	0.21	0.01	3.04
Asafoetida	1	13.87	0.72	0.06	0.01	2.66	0.96	0.16	0.00	3.31
Cloves	2	15.62	0.37	0.12	0.17	11.34	6.68	0.19	0.00	3.73
	38	455.19	17.58	7.01	0.89	60.43	67.18	2.32	0.05	108.79

<https://www.myfitnesspal.com/food/calories/moong-vadi-chunks-562226130>

<http://maayeka.com/2012/05/moong-daal-mangodi-vadi.html>

CONCLUSION

Item	Available in state	Protein (gms)	Absorption (gms) @ 60%	Unit weight (gms)	Cost per Unit (Rs)
Moong dal laddoo	ALL	4.5	2.7	50	4.12
Urad dal laddoo	AP/Telengana	4	2.4	45	3.8

Ragi laddoo	Karnataka	3	1.8	45	3.82
Bajra, Whole Moong and Green Pea Khichdi	Rajasthan	6.4	3.84	105	5.33
Mixed Dal	North and Western States	7.1	4.26	100	5.32
Moringa and Aloo Sabzi	East, South and West	9	5.4	85	6
Moong dal vadi (not in the form of curry)	All over India	4	2.4	25	4

SOURCES:

https://www.mohanfoundation.org/calories_in_indianfood/Essential_Amino_Acids/Pulses_and_Legumes.asp

<https://www.veganricha.com/indian-dals-names>

<https://www.muscleblaze.com/articles/Diet/top-7-complete-protein-foods-for-vegetarians/5267>

<http://www.fao.org/3/a-i5388e.pdf>

<https://www.sciencedirect.com/science/article/pii/S2213453016300362>

<https://medium.com/@ericgeisterfer/a-review-of-moringas-nutritional-benefits-960af19a7cc9>