

Arhar Dal Protein Per 100g

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Arhar Dal Recipe| Protein-Rich Ghee Tadka Dal | 22g Protein per 100g | Healthy Meal for Gym Goers - Arhar Dal Recipe| Protein-Rich Ghee Tadka Dal | 22g Protein per 100g | Healthy Meal for Gym Goers 1 minute, 44 seconds - Hi Everyone ! This is **a**, simple and nutritious **Arhar Dal**, (Pigeon Pea Lentil) recipe, packed with **protein**, and flavour, perfect for gym ... 85be8c5b87

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