

Tarka Dal

A tasty North Indian dish made with yellow lentils. The name derives from the term "tadka" or "tarka" which is a preparation using ingredients cooked in a spiced oil.



Nutrition Facts

25 servings per container
Serving size 5 oz (142g)

Amount per serving
Calories 160

	% Daily Value *
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 510mg	22%
Total Carbohydrate 24g	9%
Dietary Fiber 11g	40%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 2.5mg	15%
Potassium 150mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Product Specifications:

Code	GTIN	Pack	Pack Description
PMK5007	10886193520078	2 X 4 LBR	

Brand	Brand Owner	GPC Description
Monsoon Kitchens	Monsoon Kitchens, Inc.	Vegetable Based Products - Not Ready to Eat (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
8.47 LBR	8 LBR	USA	No	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.375 INH	8.25 INH	5 INH	0.2954 FTQ	20x12	730 Days	-10 FAH / 10 FAH

Ingredients :

WATER, TOOR DAL, ONIONS, TOMATO PASTE, MASOOR DAL, MOONG DAL, CANOLA OIL, GARLIC, CILANTRO, GINGER, SALT, SPICES, JALAPEÑO PEPPERS, RED CHILI PEPPERS, PAPRIKA, TURMERIC

Allergens(C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info

Eggs - N	Milk - N	Peanuts - N
Soy - N	Wheat - N	TreeNuts - N
Fish - N	Crustacean - N	

Handling Suggestions :

Keep frozen until ready to use. Heat frozen product in hot water bath. Do not put bag in a steamer. Failure to follow directions could result in injury and loss of product. Refrigerate unused portion and use within 3 days. Do not refreeze unused portion.

Serving Suggestions :

Use Tarka Dal as a base to make lentil soups. Use as a vegan burrito filling.

More Information :

Halal Friendly

Benefits :

Authentic, Vegan, no additives, no preservatives, no MSG, zero trans fats, easy to use, desirable case size.

Prep & Cooking Suggestions :

Thaw Tarka Dal in the refrigerator or hot water bath. Empty product into container and heat to an internal temperature of 165°F.

Caution: Do not place bag in steamer. Failure to follow directions could result in injury and loss of product.

