

haldiram moong dal calories

HALDIRAM MOONG DAL

Crispies & Namkeen



Calories per Serving: **140**

Serving size: **30 gm** (Small Bowl)

To loose these calories you need to jog: **2.7 km**

Haldiram Moong Dal contains Calories per 30 gm Find calorie count, nutrition facts and preferences on low fat, low sugar, low salt and high protein food. There are 46 calories in a 2 tsp serving of Haldiram's Namkeen Moong Dal. Get full nutrition facts for other Haldiram's products and all your Haldiram moong dal. Nutrition Facts. Amount Per Serving. Calories ; Total Fat g; Saturated Fat g; Polyunsaturated Fat g; Monounsaturated Fat Calories: Calories from fat: Total fat: 7g. Saturated fat: 1g. Sodium: mg. Carbohydrates: 18g. Fiber: 2g. protein: 7g. Calories in Haldiram's moong dal by haldiram's serving. Calories and nutrition chart of haldiram foods show that most of these foods Moong Dal: Serving Size: 10g, Calories: 46, Fat g, Carbs: g, Protein: g. See the Calorie, Fat, Protein and Carbohydrate value of Haldiram's Masala Moong Dal g here. Fried spicy moong dal is one of the favourite snacks that Indians love available as Namkeen under various brands like Haldiram, Lehar, etc. Haldiram's - Moong Dal nutrition facts and nutritional information. Find calories, carbs, and nutritional contents for Haldiram's - Moong Dal and over Moong Dal manufactured by Haldiram Snacks Pvt. Ltd. with a suggested serving size of 1 Cup (35 G) has a total of calories. Tip: You can add any amount to your meal plan, not just common serving units. Want a Haldiram's Moong Dal serving size to fit your carbs limit. Sprouted moong dal is a powerhouse of nutrition. They contain abundant enzymes, protein, chlorophyll, vitamins, minerals and amino acids. Haldiram's Delhi Moong Dal, 1kg: tours-golden-triangle.com: Grocery & Gourmet Foods. Haldiram S Savouries Namkeens - Buy Haldiram S Savouries Namkeens at India's Best Online Food & Nutrition . Haldiram's Moong Dal (Pack of 1). ? Moong dal is consumed in every household not only because it is tasty but also To top it all it is low in calories and is a high source of protein, fibre and.

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