Moong Dal(Green Gram): Health Benefits, Nutrition & Recipes

Legumes are a healthy way of achieving a protein-rich diet. Moong Dal/Mung beans are endemic to India and Southeast Asia. They are used in many variations raw for salads, as sprouts in stir-fries, cooked for stews and curries, as a paste in sweets and other savory dishes. They are bright green/ dark green depending on variety and are used with or without the skin, when the skin is removed they show a light yellow flesh. In Southeast Asia, the starch is made into glass noodles which are chew and slippery in texture.

The scientific name for moong dal is Vigna Radiata. It is known to be originally domesticated in the Indian subcontinent and archeological explorations reveal that it has been discovered in many historic sites like Indus Valley Civilization in the Harappan site and archaeobotanical research shows its migration from India to different parts of southeast Asia around 2500 years ago.

### The Nutritional Value of Moong Dal

The skinned and de-skinned varieties encompass different nutritional values and it is also similar to the sprouted and ungerminated variations which can also differentiate and move away to reveal the change in nutritional composition.

In general the common dry form of the legume is rich in protein, dietary fiber, carbohydrate, calcium, iron, and sodium. It also contains specialized essential [amino acids](https://www.sciencedirect.com/science/article/abs/pii/S0308814604000330)( lysine, arginine, isoleucine, leucine, valine, phenylalanine) and vitamins(B1, B2, B3, B5. B6, B9).

In terms of calorie count, [100 gms](https://www.nutritionvalue.org/Mung_beans%2C_raw%2C_mature_seeds_nutritional_value.html) serving of Moong Dal provides around 347 calories.

### The Many Health Benefits of Moong Dal

**The presence of Isovitexin and Vitexin helps in stopping possible heat strokes**

The summer season is accompanied by seasonal diseases and sweltering heat. Heat strokes are a common event for people who are exposed to the hot sun for long periods or spend too much time in the outdoors. Moong dal is known to have the presence of anti-inflammatory components that help us to regulate body temperature, satiate thirst and defend our body against episodes of heat strokes. Primarily Moong dal is consumed as a stew or soup for helping us achieve this.

They are rich in [Isovitexin and Vitexin](https://pubmed.ncbi.nlm.nih.gov/22980894/), antioxidant components that aid as catalysts to exhibit anti-inflammatory properties. [Studies](https://pubmed.ncbi.nlm.nih.gov/21695166/) in animals have revealed measurable results for these compounds in preventing heat strokes by defending against the presence of free radicals that may cause injury to cells.

**Aids in reducing hypertension with Potassium and Magnesium**

Hypertension acts as a comorbidity for many illnesses namely Covid 19, Heart Disease, Obesity-related complication are a few of them. Moong Dal is known to contain certain minerals that may directly prevent or lower the possibility of a person getting high blood pressure.

Studies also reveal the effect that certain proteins present in Moong Dal suppress enzymes that aid to regulate our pressure naturally. Moreover, other [studies](https://pubmed.ncbi.nlm.nih.gov/24014659/) have observed the lowering of blood pressure in test subjects with or without hypertension.

**High content of antioxidants will relieve possible inflammation and chronic illnesses**

Caffeic Acid, Flavonoids, Cinnamic Acid, and Phenolic acid are some of the antioxidants found in Moong Dal. Their presence helps our body to fight against inflammation, cancer and any possible chronic illnesses.

The presence of antioxidants has been found to curb or prevent cancerous growths that may arise in the lining of the stomach or lungs as revealed by targeted test-tube [studies](https://pubmed.ncbi.nlm.nih.gov/17995664/). Additionally, Moong dal with sprouts have changed the composition and are observed to contain almost 12 times as antioxidants as normal beans without sprouts.

**Prevents cardiac episodes by lowering bad cholesterol**

Bad cholesterol or LDL can damage your heart’s health. Moong dal is known to have properties that help lower the low-density lipids in our bloodstream and thereby promote cardiac health. They help us achieve this by preventing [interaction](https://pubmed.ncbi.nlm.nih.gov/26074993/) between two components, the LDL in the blood and the unstable free radicals.

Furthermore, many [studies](https://pubmed.ncbi.nlm.nih.gov/24710915/) observe that at least including one meal a day with legumes like moong dal can aid in lowering the presence of bad cholesterol in the blood.

**Helps elevate digestive health**

In a single 100 gram serving of Moong Dal, there is almost 57% of dietary fiber, this amount of fiber helps with achieving better digestive health. To be specific Moong Dal is found to have pectin which is a soluble fiber, it is known to [prevent episodes of constipation](http://www.academicjournals.org/journal/AJAR/article-abstract/D8D02D336254) and helps us have a regular bowel movement.

They also contain resistant starch which helps nourish healthy bacteria in our intestine and gut. These bacteria further help break down dietary fiber to short-chain fatty acids/ butyrate. Butyrate presence also helps our body to nourish colon cells, promote immunity in the gut region, and even help lower any risk for colon cancer. Since protein and fiber are more easily digestible they are also known to lower any occurrence of flatulence.

**Nutrient composition aids in modulating blood sugar**

Increased blood sugars make way for more people to get lifestyle diseases like type 2 diabetes, heart disease, and other chronic illnesses. Consuming Moong Dal regularly ensures us a high intake of fiber and protein which are contributing factors in lowering elevated blood sugar. Studies also infer that antioxidants like isovitexin and vitexin aid in the effectiveness of insulin and also in regulating sugar levels in the blood.

**Benefit our weight loss journey**

Moong Dal is a low-fat option but has elevated protein and fiber content that helps in producing Ghrelin hormone which acts in suppressing hunger. It helps us in making us feel full and satiated after a meal. [Studies](https://pubmed.ncbi.nlm.nih.gov/24820437/) have also pointed that after the consumption of legumes like Moong Dal almost 31% felt fuller and curbed their urge to eat more.

**The presence of folate will help in pregnancies**

Doctors advise pregnant women to consume many folate-rich foods during the course of their pregnancy. A single cup of Moong Dal contains around 80% of folate and they also hold essential nutrients like calcium, phosphorus, and iron. If women do not consume the necessary amount of folate it may result in the fetus developing prenatal defects which could possibly be fatal. Taking Moong dal will help ensure that the unborn child gets enough nourishment for proper growth and development.

### Two Recipes you can easily incorporate into your diet

#### Pesarattu Dosa

This recipe hails from the region of Andhra and is primarily consumed as breakfast. It is mainly composed of only Moong Dal and some herbs and aromatics.

**Ingredients**

1 cup of Moong Dal

Half inch piece of ginger

2 green chilies

Salt to taste

**Instructions**

1. Soak the Moong Dal overnight, preferably 6-7 hours.
2. Grind it with the other ingredients and salt to taste adding enough water to make for a thin batter similar to a crepe.
3. Take an iron skillet or nonstick pan, dab some oil.
4. Pour in the batter as a thin layer and turn it after one side is crispy.

This is a versatile recipe wherein people can modify adding ingredients to fit their personal palette. This Dosa is consumed with different accompaniments usually coconut chutney, mint chutney, or tomato chutney.

#### Moong Dal sprout salad

This is a tropical salad that is perfect for summer. It is fresh and flavourful with lemony vibrance and all the benefits of a Moong bean sprout.

**Ingredients**

1 cup of Moong bean sprouts

Half an onion

1 medium-large plum tomato

1 green chilly(optional)

Herbs - Coriander and Mint(few sprigs)

Juice of a Lemon

Salt and Pepper - to taste

**Instructions**

1. Chop the onion, tomato, and green chilli finely.
2. Mix the Mung bean sprout with the assorted vegetables.
3. Add the lemon juice and season with salt and pepper.
4. Finely chiffonade the herbs and sprinkle on top. Taste for seasoning and just to fit your palette.

### The versatility of Moong Dal

Moong beans are a staple to Indian dietary life. It is not only a traditional ingredient, it packs a punch with nutritional value and can be incorporated in many ways. We can consume it raw or in cooked form. It is especially beneficial for those who are pregnant or trying to lose weight. Try to incorporate it to your diet as it can help in your journey to better health.