



## Aaku Pappu (Dal with Greens)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 pinch asafoetida powder
- 2 teaspoons cooking oil
- 1 teaspoon cumin seed
- 1 sprig curry leaves fresh
- 2 chile peppers green cut into large chunks
- 8 ounce amaranth greens chopped
- 0.5 teaspoon ground turmeric
- 1 teaspoon skinned lentils split black (urad dal)

- 1 teaspoon mustard seed
- 4 chile peppers dried red
- 4 servings salt to taste
- 1 cup goya pigeon peas split hulled (toor dal)
- 2 cups water

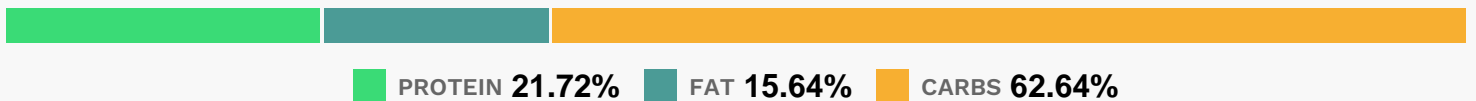
## Equipment

- frying pan
- pressure cooker

## Directions

- Cook the pigeon peas with 2 cups water in a pressure cooker until the water is absorbed and the peas are tender, about 5 minutes.
- Bring 2 cups of water to a boil with the turmeric and salt; add the amaranth greens and cook until tender, about 5 minutes; drain. Stir the cooked peas into the greens; set aside.
- Heat the oil in a small skillet; cook the lentils, mustard seed, cumin seed, and red chile peppers in the oil until the seeds begin to splutter.
- Add the green chile peppers, curry leaves, and asafoetida powder and continue cooking another 30 seconds; immediately stir into the peas and greens.

## Nutrition Facts



## Properties

Glycemic Index:2.5, Glycemic Load:0.01, Inflammation Score:-9, Nutrition Score:8.01173913738%

## Nutrients (% of daily need)

Calories: 165.9kcal (8.3%), Fat: 3.01g (4.63%), Saturated Fat: 0.2g (1.27%), Carbohydrates: 27.12g (9.04%), Net Carbohydrates: 19.74g (7.18%), Sugar: 2.06g (2.29%), Cholesterol: 0mg (0%), Sodium: 321.06mg (13.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.81%), Vitamin C: 26.28mg (31.85%), Vitamin B3: 6.18mg (30.91%), Fiber: 7.38g (29.52%), Folate: 81.41µg (20.35%), Vitamin A: 802.74IU (16.05%), Iron: 2.12mg (11.78%), Manganese: 0.18mg (9.13%), Calcium: 42.89mg (4.29%), Potassium: 129.36mg (3.7%), Magnesium: 13.4mg (3.35%),

Phosphorus: 32.72mg (3.27%), Copper: 0.06mg (3.04%), Vitamin B6: 0.06mg (3%), Vitamin E: 0.43mg (2.89%), Selenium: 1.87µg (2.67%), Vitamin B2: 0.04mg (2.32%), Vitamin K: 2.14µg (2.04%), Vitamin B1: 0.03mg (1.83%), Zinc: 0.22mg (1.49%)