



## avarakkai paruppu curry recipe

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup avarakkai / broad beans chopped ( lengthwise)
- 2 to 2 chilies slit green
- 2 tbsp coriander seeds
- 1 tsp cumin seeds
- 1 tbsp jaggery
- 3 servings optional: lemon
- 1 tsp mustard
- 1 tsp cooking oil

- 2 tbsp cooking oil
- 0.5 pepper
- 3 servings salt as needed
- 2 tomatoes finely chopped
- 0.5 toor dal cup
- 0.3 turmeric

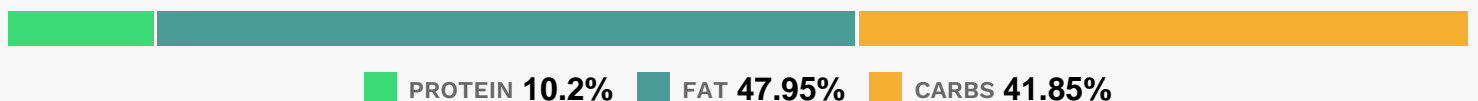
## Equipment

- frying pan
- blender
- stove

## Directions

- Wash avarakkai(broad beans), remove the strings on both sides, and cut into medium long pieces. Cook in stove top or pressure cook for three whistles. Once done drain the water and keep cooked avarakkai. Keep the water to use in kuzhambhu or use the water to soak tamarind. Pressure cook dal and keep aside.
- Heat a pan, add tsp of oil and roast the ingredients given under "to roast and grind".
- Let the tomatoes cook completely. Cool them and process it in a mixer adding enough water to fine paste.
- Heat a pan, add oil , once heated add mustards seeds, then add tamarind water. After it starts boiling, add cooked dal, jaggery, salt, turmeric powder and grinded masala. Allow it to cook in medium low flame for 5 minutes. Now add cooked broad beans.
- Let it boil for 4 minutes. Turn off the flame and add chopped coriander leaves.

## Nutrition Facts



## Properties

Glycemic Index:65.17, Glycemic Load:5.68, Inflammation Score:-8, Nutrition Score:10.366956521739%

## Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## Taste

Sweetness: 59.21%, Saltiness: 100%, Sourness: 95.47%, Bitterness: 58.12%, Savoriness: 63.51%, Fattiness: 75.22%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 215.44kcal (10.77%), Fat: 12.07g (18.56%), Saturated Fat: 0.91g (5.71%), Carbohydrates: 23.7g (7.9%), Net Carbohydrates: 16.84g (6.12%), Sugar: 8.63g (9.59%), Cholesterol: 0mg (0%), Sodium: 321.65mg (13.98%), Protein: 5.78g (11.55%), Fiber: 6.86g (27.44%), Vitamin C: 19.5mg (23.63%), Manganese: 0.46mg (22.8%), Folate: 72.25µg (18.06%), Vitamin E: 2.39mg (15.96%), Vitamin K: 16.19µg (15.42%), Vitamin A: 704.09IU (14.08%), Iron: 2.24mg (12.47%), Magnesium: 48.76mg (12.19%), Copper: 0.24mg (12.02%), Potassium: 417.48mg (11.93%), Phosphorus: 111.05mg (11.1%), Vitamin B1: 0.1mg (6.93%), Calcium: 64.13mg (6.41%), Zinc: 0.92mg (6.15%), Vitamin B6: 0.12mg (5.91%), Vitamin B3: 1.02mg (5.08%), Vitamin B2: 0.08mg (4.76%), Selenium: 2.99µg (4.27%), Vitamin B5: 0.18mg (1.83%)