



Beet Greens Daal



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch beet greens
- ☐ 4 Tablespoons coconut or
- ☐ 2 Teaspoons cumin
- ☐ 1 Leaves curry as needed (Optional)
- ☐ 1 Teaspoon mustard seeds
- ☐ 1 Tablespoon oil
- ☐ 0.5 chilli red
- ☐ 0.3 Teaspoon turmeric powder

☐ 1 Teaspoon urad daal

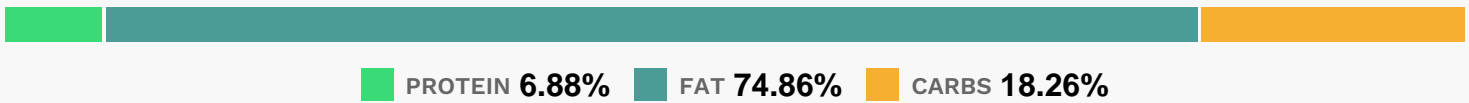
Equipment

- ☐ frying pan
- ☐ blender
- ☐ stove

Directions

- ☐ Simply tear the leaves and rinse it thoroughly. We did not use the stems this time, because we did not know that it was edible. The daal and greens can be either pressure cooked together adding enough water for 1 whistle or it can be cooked in a vessel directly on stove top itself, if you are using moong daal. In case you choose to go with the latter method, first add the daal, turmeric powder, hing and enough water in a vessel and don't close it with a lid. If you close the vessel with the lid, the water will start overflowing while boiling and you will have to spend the next 5 minutes cleaning the range. Once the daal is half cooked add the cleaned greens and cook it tender adding water as required. Once both the daal and greens are cooked add enough salt. While the daal and greens are cooking add all the ingredients mentioned for grinding in a blender and grind it to a fine paste using milk/water.
- ☐ Add this paste to the cooked greens and let it boil for another couple of minutes, while you prepare the tadka. In a small frying pan add oil and after it heats add the remaining ingredients and fry until the daals turn golden brown and add it to the greens and remove it from heat.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.24, Inflammation Score:-8, Nutrition Score:5.5239129299703%

Nutrients (% of daily need)

Calories: 65.54kcal (3.28%), Fat: 5.76g (8.87%), Saturated Fat: 1.79g (11.17%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 1.72g (0.63%), Sugar: 0.74g (0.82%), Cholesterol: 0mg (0%), Sodium: 25.01mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin K: 41.65µg (39.67%), Vitamin C: 11.34mg (13.75%), Vitamin A: 669.98IU (13.4%), Manganese: 0.19mg (9.74%), Iron: 1.38mg (7.64%), Vitamin E: 0.94mg (6.24%), Fiber: 1.44g (5.75%), Magnesium: 16.85mg (4.21%), Potassium: 138.73mg (3.96%), Selenium: 2.28µg (3.26%), Copper:

0.06mg (3.17%), Vitamin B6: 0.05mg (2.68%), Calcium: 26.07mg (2.61%), Phosphorus: 24.37mg (2.44%), Vitamin B1: 0.03mg (2%), Vitamin B2: 0.03mg (1.94%), Folate: 5.77µg (1.44%), Zinc: 0.21mg (1.43%), Vitamin B3: 0.23mg (1.16%)