



## Beet Greens Usili



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



33 min.

SERVINGS



3

CALORIES



106 kcal

SIDE DISH

## Ingredients

- ☐ 1 Bunch bunchs of kale
- ☐ 5 beets
- ☐ 0.3 Teaspoon mustard seeds
- ☐ 1 Tablespoon oil
- ☐ 1 Teaspoon urad daal

## Equipment

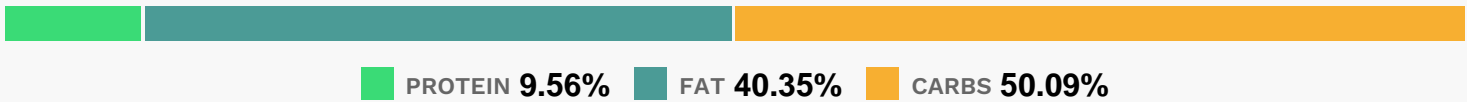
- ☐ bowl
- ☐ frying pan

- ☐ stove
- ☐ microwave
- ☐ colander

## Directions

- ☐ Cut the beet greens from the beets. I came to know from one of my blogger friend that the stems take more time to cook, so I chopped the stems as well as the leaves separately, rinsed it and drained it in a colander. Peel the beets, cut into half. Now place the drained beet greens stems, leaves and the halved beets (with water just enough to cover the beets) in separate bowls and sprinkle little salt in all the
- ☐ I have a cooker which holds all the 3 vessels, so I cooked everything at once and kept it for 1 whistle. I guess microwave or stove top cooking should also be fine. The cooked stems tasted good. So you can cook both the stems and greens together.Once the pressure is released open the cooker and cut the cooked beets into small cubes and reserve the water for preparing Rasam/Soup.Now in a frying pan do the tempering, sauteed the cooked beet greens and the stems for 2 minutes, then add the beets and finally the usili and combine it well.
- ☐ Garnish it with cilantro and beet usili is ready.

## Nutrition Facts



## Properties

Glycemic Index:21.33, Glycemic Load:5.91, Inflammation Score:-4, Nutrition Score:6.9295652690141%

## Flavonoids

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 106.36kcal (5.32%), Fat: 5g (7.7%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 13.97g (4.66%), Net Carbohydrates: 9.77g (3.55%), Sugar: 9.26g (10.29%), Cholesterol: 0mg (0%), Sodium: 107.48mg (4.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.33%), Folate: 149.42µg (37.36%), Manganese: 0.46mg (22.85%), Fiber: 4.2g (16.79%), Potassium: 448.55mg (12.82%), Vitamin C: 6.88mg (8.34%), Magnesium: 32.59mg (8.15%), Iron: 1.25mg (6.94%), Vitamin E: 0.89mg (5.93%), Phosphorus: 56.87mg (5.69%), Copper: 0.1mg (5.24%), Vitamin K: 4.95µg (4.71%), Vitamin B6: 0.09mg (4.65%), Zinc: 0.49mg (3.3%), Vitamin B2: 0.06mg (3.3%), Vitamin B1: 0.04mg (2.98%), Calcium: 23.91mg (2.39%), Vitamin B3: 0.47mg (2.35%), Vitamin B5: 0.21mg (2.15%), Selenium: 1.48µg

(2.11%), Vitamin A: 66.35IU (1.33%)