



Beet Leaves Sambar



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



17 kcal

SIDE DISH

Ingredients

- ☐ 1 Bunch bunchs of kale (Methi Or Other Greens Can Also Be Used)
- ☐ 0.1 Teaspoon hing/asafoetida
- ☐ 0.5 Tablespoon sambar powder
- ☐ 0.3 Teaspoon mustard seeds
- ☐ 0.5 Tablespoon oil
- ☐ 2 Teaspoons tamarind pulp (See My Notes)
- ☐ 0.3 Teaspoon turmeric powder
- ☐ 1 cup water

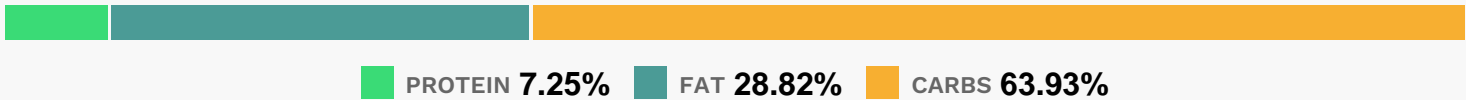
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ stove
- ☐ pressure cooker

Directions

- ☐ Rinse thoroughly the greens and finely chop the beet leaves as well as the stems. In a pressure cooker cook the toor daal and keep it separately.In a saucepan add all the ingredients listed for sambar except the toor daal and keep it on the stove.The greens should be cooked completely.
- ☐ Add some more water if required.Now add the mashed toor daal to the greens and let it cook for another 3 minutes.In a small frying pan add the oil, once it heats add the mustard seeds. Once it starts to splutter add the methi seeds and the slit green chili and fry it for a minute.
- ☐ Add the tempering to the boiling sambar and leave it in the stove for another 2 minutes and then switch off the stove. This sambar should not have a very thick consistency also. It will taste better if it's little watery.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:1.73, Inflammation Score:-7, Nutrition Score:1.542173905865%

Nutrients (% of daily need)

Calories: 16.55kcal (0.83%), Fat: 0.61g (0.93%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.66g (0.97%), Sugar: 1.38g (1.54%), Cholesterol: 0mg (0%), Sodium: 163.72mg (7.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.69%), Calcium: 103.7mg (10.37%), Phosphorus: 45.17mg (4.52%), Copper: 0.06mg (2.81%), Iron: 0.5mg (2.76%), Manganese: 0.05mg (2.5%), Magnesium: 8.92mg (2.23%), Vitamin B1: 0.02mg (1.66%), Fiber: 0.37g (1.47%), Selenium: 0.8µg (1.14%), Vitamin K: 1.14µg (1.09%)