

Beet Rasam

READY IN SER

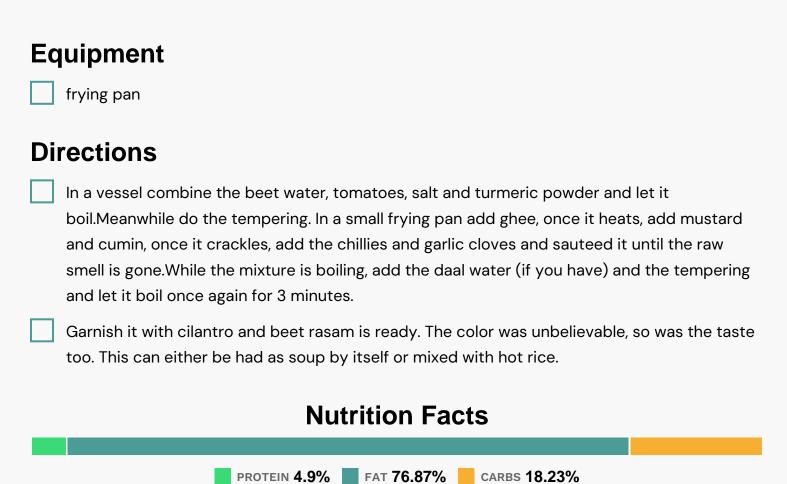
30 min.

SIDE DISH

Ingredients

2 cups beets water cooked

1 Teaspoon cumin	
2 garlic cloves	
O.5 Tablespoon ghee	
O.3 Teaspoon mustard seeds	
3 servings salt as needed	
2 Teaspoons tamarind sour crushed (I Used 2 Tablespoons Of Tomatoe	s)
O.5 Teaspoon turmeric powder	



Properties

Glycemic Index:26, Glycemic Load:0.27, Inflammation Score:-9, Nutrition Score:1.1473912901205%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Quercetin: 0.03mg, Quercetin:

Nutrients (% of daily need)

Calories: 30.88kcal (1.54%), Fat: 2.78g (4.27%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.21g (0.23%), Cholesterol: 6.4mg (2.13%), Sodium: 207.68mg (9.03%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 0.4g (0.8%), Manganese: 0.09mg (4.72%), Iron: 0.68mg (3.79%), Copper: 0.05mg (2.34%), Vitamin B6: 0.04mg (1.98%), Calcium: 17.07mg (1.71%), Magnesium: 6.75mg (1.69%), Vitamin C: 1.08mg (1.31%), Selenium: 0.87µg (1.25%), Potassium: 39.87mg (1.14%), Fiber: 0.28g (1.1%), Phosphorus: 10.4mg (1.04%)