



WHATSheATE



## Beet Rasam



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



31 kcal

SIDE DISH

## Ingredients

- ☐ 1 Teaspoon cumin
- ☐ 2 garlic cloves
- ☐ 0.5 Tablespoon ghee
- ☐ 0.3 Teaspoon mustard seeds
- ☐ 3 servings salt as needed
- ☐ 2 Teaspoons tamarind sour crushed (I Used 2 Tablespoons Of Tomatoes)
- ☐ 0.5 Teaspoon turmeric powder
- ☐ 2 cups beets water cooked

# Equipment

☐ frying pan

# Directions

- ☐ In a vessel combine the beet water, tomatoes, salt and turmeric powder and let it boil.Meanwhile do the tempering. In a small frying pan add ghee, once it heats, add mustard and cumin, once it crackles, add the chillies and garlic cloves and sauteed it until the raw smell is gone.While the mixture is boiling, add the daal water (if you have) and the tempering and let it boil once again for 3 minutes.
- ☐ Garnish it with cilantro and beet rasam is ready. The color was unbelievable, so was the taste too. This can either be had as soup by itself or mixed with hot rice.

# Nutrition Facts



# 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, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

# 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 %: 0% (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%)