



Broccoli and Chickpea Dal



Vegetarian



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons mustard seeds shopping list black
- ☐ 0.8 lb broccolini thick sliced cut into 1 1/2-in. florets
- ☐ 6 servings basmati rice hot cooked
- ☐ 1.5 teaspoons cumin seeds
- ☐ 2 cups chickpeas dried rinsed cleaned (garbanzos)
- ☐ 1 teaspoon ground cumin
- ☐ 1 tsp kosher salt divided
- ☐ 1 qt chicken broth reduced-sodium

- ☐ 2 medium onion thinly sliced
- ☐ 2 serrano chiles coarsely chopped
- ☐ 1.5 teaspoons turmeric
- ☐ 3 tablespoons vegetable oil

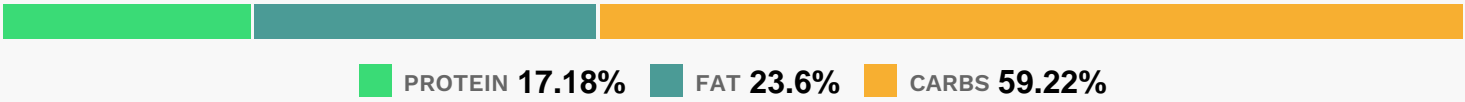
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot

Directions

- ☐ Put chickpeas in a large pot, add water to cover by 2 in., and soak overnight. (Or bring to a boil over high heat, then turn off heat and soak about 2 hours.)
- ☐ Drain.
- ☐ Pulse half the chickpeas in a food processor with 1/4 cup fresh water until coarsely chopped.
- ☐ Pour into pot used for soaking. Repeat with remaining chickpeas, more water, and the chiles.
- ☐ Add broth, 1 cup water, the turmeric, ground cumin, and 3/4 tsp. salt to pot.
- ☐ Cover and bring to a boil over high heat, then reduce heat and simmer until chickpeas are tender, stirring occasionally, 40 to 50 minutes. Meanwhile, cook onions in oil in a large frying pan over medium heat, stirring occasionally, until deep golden, 12 to 15 minutes.
- ☐ Remove from heat.
- ☐ Stir broccolini into chickpeas, return to simmering, and cook until tender, about 12 minutes.
- ☐ Stir mustard and cumin seeds and remaining 1/4 tsp. salt into onions and cook over medium-high heat, stirring, until cumin turns a shade darker, 2 minutes. Set aside about one-third of mixture and stir the rest into dal. Ladle dal and quinoa next to each other in bowls and top with reserved onion mixture.
- ☐ Add more salt to taste.

Nutrition Facts



Properties

Glycemic Index:28.58, Glycemic Load:30.6, Inflammation Score:-10, Nutrition Score:29.786956870038%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg

Nutrients (% of daily need)

Calories: 484.43kcal (24.22%), Fat: 13g (20%), Saturated Fat: 1.88g (11.76%), Carbohydrates: 73.4g (24.47%), Net Carbohydrates: 59.68g (21.7%), Sugar: 10.51g (11.68%), Cholesterol: 0mg (0%), Sodium: 471.88mg (20.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.3g (42.59%), Manganese: 2.01mg (100.51%), Folate: 384.65µg (96.16%), Vitamin C: 58.64mg (71.08%), Fiber: 13.72g (54.88%), Copper: 0.74mg (37%), Phosphorus: 358.78mg (35.88%), Iron: 6.17mg (34.3%), Vitamin B6: 0.52mg (26.03%), Magnesium: 103.26mg (25.81%), Vitamin B1: 0.37mg (24.92%), Potassium: 848.63mg (24.25%), Selenium: 15.81µg (22.59%), Vitamin A: 1075.92IU (21.52%), Zinc: 3.08mg (20.56%), Vitamin B3: 3.74mg (18.68%), Vitamin K: 19.11µg (18.2%), Calcium: 147.12mg (14.71%), Vitamin B5: 1.43mg (14.32%), Vitamin B2: 0.22mg (12.91%), Vitamin E: 1.3mg (8.67%), Vitamin B12: 0.16µg (2.63%)