



Carrot Pachadi



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon mustard seeds shopping list black
- ☐ 1 lb carrots
- ☐ 0.1 teaspoon ground pepper
- ☐ 8 curry leaves fresh
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup onion red finely chopped
- ☐ 0.5 teaspoon salt

- ☐ 1.5 cups yogurt plain
- ☐ 1 tablespoon vegetable oil

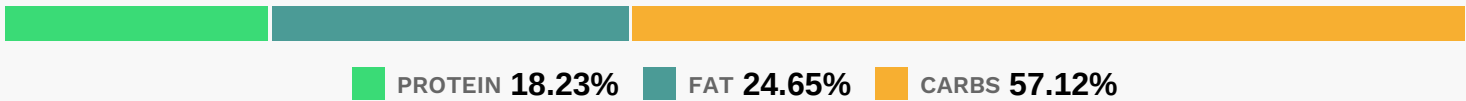
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sieve

Directions

- ☐ Drain yogurt in a large fine-mesh sieve set over a bowl about 30 minutes. Meanwhile, finely shred carrots using food processor.
- ☐ Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then add mustard seeds and cook, covered, until they make popping sounds, about 15 seconds.
- ☐ Add curry leaves and cook, stirring constantly, until fragrant, about 3 seconds.
- ☐ Add carrots, onion, cumin, salt, and cayenne and cook over moderate heat, stirring frequently, until carrots are crisp-tender, 2 to 3 minutes.
- ☐ Transfer to a shallow bowl and cool about 30 minutes. Stir in yogurt and cilantro.
- ☐ Pachadi, without cilantro, can be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:23.81, Glycemic Load:2.96, Inflammation Score:-10, Nutrition Score:18.072173740553%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 100.8kcal (5.04%), Fat: 2.86g (4.4%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 14.9g (4.97%), Net Carbohydrates: 12.16g (4.42%), Sugar: 9.47g (10.52%), Cholesterol: 1.23mg (0.41%), Sodium: 295.13mg (12.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.51%), Vitamin A: 12751.46IU (255.03%), Vitamin B3: 16.23mg (81.17%), Folate: 184.75µg (46.19%), Vitamin C: 33.92mg (41.12%), Calcium: 163.56mg (16.36%), Vitamin K: 16.52µg (15.73%), Phosphorus: 136.98mg (13.7%), Potassium: 451.04mg (12.89%), Vitamin B2: 0.2mg (11.74%), Fiber: 2.74g (10.96%), Vitamin B6: 0.17mg (8.71%), Manganese: 0.17mg (8.7%), Magnesium: 26.98mg (6.75%), Vitamin B1: 0.1mg (6.59%), Vitamin B5: 0.64mg (6.4%), Vitamin B12: 0.37µg (6.23%), Zinc: 0.87mg (5.82%), Vitamin E: 0.76mg (5.03%), Selenium: 3.48µg (4.97%), Iron: 0.63mg (3.49%), Copper: 0.06mg (3.11%)