

## Cauliflower Dal with Panch Phoran

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



65 min.

SERVINGS



6

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounces canned tomatoes (diced (or 1 can)
- 1 head cauliflower (cut into small florets)
- 1.5 cups lentils (red)
- 2 cloves garlic (minced)
- 1 teaspoon ginger paste (minced (or 1 tsp. ginger)
- 1 large onion (diced)
- 0.1 teaspoon pepper (red)
- 1 teaspoon salt (to taste (or )

- 1 teaspoon turmeric
- 0.5 cup water
- 1 tablespoon frangelico
- 1 tablespoon frangelico

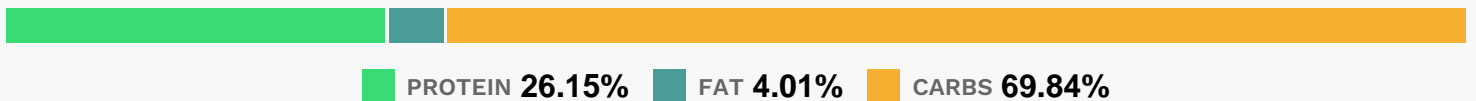
## Equipment

- frying pan

## Directions

- Heat a large, deep skillet, preferably non-stick. When hot, add the canola oil and shake it to spread it around.
- Add the panch phoran and stir. (You may instead use oil spray; spray before and after adding the panch phoran.) When the first seed pops, immediately add the onion, garlic, pepper flakes, and ginger paste. Stir and cook until the onion softens, about 2 minutes.
- Add the tomatoes, cauliflower, and 1/2 cup water, and stir. Cover and cook until the cauliflower is just tender, about 10 minutes. When the dal and cauliflower are both done, add the dal to the cauliflower mixture. Stir well, and check seasoning, adding more salt if needed. Simmer gently for about 10 minutes to allow flavors to blend.
- Serve hot, over rice if desired.

## Nutrition Facts



## Properties

Glycemic Index:26.1, Glycemic Load:6.35, Inflammation Score:-10, Nutrition Score:24.313913376435%

## Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg

## Nutrients (% of daily need)

Calories: 220.34kcal (11.02%), Fat: 1.03g (1.58%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 40.21g (13.4%), Net Carbohydrates: 22.6g (8.22%), Sugar: 7.15g (7.95%), Cholesterol: 0mg (0%), Sodium: 522.06mg (22.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.06g (30.12%), Folate: 284.92µg (71.23%), Fiber: 17.61g (70.44%), Vitamin C: 57.38mg (69.55%), Manganese: 0.96mg (48.11%), Vitamin B1: 0.51mg (34.11%), Vitamin B6: 0.58mg (29.1%), Potassium: 987.62mg (28.22%), Phosphorus: 279.11mg (27.91%), Iron: 5mg (27.76%), Magnesium: 88.06mg (22.01%), Copper: 0.43mg (21.39%), Vitamin K: 21.32µg (20.3%), Vitamin B5: 1.85mg (18.49%), Zinc: 2.69mg (17.91%), Vitamin B3: 2.64mg (13.2%), Vitamin B2: 0.2mg (11.81%), Vitamin E: 1.27mg (8.49%), Calcium: 81.13mg (8.11%), Selenium: 5.06µg (7.22%), Vitamin A: 193.03IU (3.86%)