



Cook the Book: Coconut Cabbage with Chiles and Green Peas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



225 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 12 medium size curry leaves
- ☐ 1 tablespoon skinned urad dal split black picked over for stones (cream-colored in this form, urad dal)
- ☐ 4 cups peas shredded green frozen thaw (no need to)
- ☐ 2 teaspoons sea salt
- ☐ 4 serrano chiles fresh
- ☐ 1 cup coconut flakes dried fresh shredded unsweetened

☐ 1 teaspoon mustard seeds black yellow

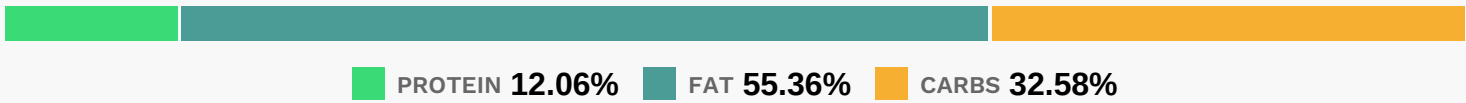
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Pour 1 cup water into a blender jar, and add the coconut and chiles. Purée, scraping the inside of the jar as needed, to make a creamy-white, thin sauce with flecks of green.
- ☐ Heat the oil in a large saucepan over medium-high heat.
- ☐ Add the mustard seeds, cover the pan, and cook until the seeds have stopped popping (not unlike popcorn), about 30 seconds.
- ☐ Add the lentils and stir-fry them until golden brown, 15 to 20 seconds.
- ☐ Immediately add the cabbage, peas, salt, curry leaves, and the sauce. Stir once or twice, and bring the curry to a boil. Then reduce the heat to medium-low, cover the pan, and simmer, stirring occasionally, until the cabbage is just tender, 8 to 10 minutes. Then serve.
- ☐ Note: To reconstitute coconut, cover with 1/2 cup boiling water, set aside for about 15 minutes, and then drain.

Nutrition Facts



Properties

Glycemic Index:7.39, Glycemic Load:3.73, Inflammation Score:-8, Nutrition Score:22.743912821231%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 225.45kcal (11.27%), Fat: 14.42g (22.19%), Saturated Fat: 8.53g (53.31%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 10.51g (3.82%), Sugar: 6.71g (7.45%), Cholesterol: 0mg (0%), Sodium: 785.85mg (34.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.13%), Vitamin B3: 25.19mg (125.96%), Vitamin C: 80.81mg (97.96%), Folate: 300.84µg (75.21%), Manganese: 0.81mg (40.42%), Fiber: 8.59g (34.34%), Vitamin K: 27.84µg (26.52%), Vitamin B1: 0.27mg (18.17%), Vitamin A: 852.86IU (17.06%), Copper: 0.29mg (14.64%), Phosphorus: 139.89mg (13.99%), Iron: 2.17mg (12.08%), Magnesium: 47.84mg (11.96%), Vitamin B6: 0.23mg (11.4%), Zinc: 1.53mg (10.19%), Potassium: 328.84mg (9.4%), Vitamin B2: 0.15mg (8.73%), Selenium: 5.42µg (7.74%), Vitamin E: 1.06mg (7.05%), Calcium: 39.88mg (3.99%), Vitamin B5: 0.23mg (2.26%)