



## Curried Dal with Basmati-Raisin Pilaf

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups rice uncooked
- 1 bay leaf
- 2 cardamom pods
- 2 sticks cinnamon (3-inch)
- 1 teaspoon curry powder
- 0.5 teaspoon fennel seeds
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh minced peeled

- 3 garlic cloves minced
- 0.3 cup golden raisins
- 0.5 teaspoon ground cumin
- 1 tablespoon olive oil
- 1.5 cups onion chopped
- 1 cup plum tomatoes chopped
- 1.5 cups lentils dried red
- 0.5 teaspoon salt
- 0.8 teaspoon salt
- 1 serrano chile minced
- 3 cups water
- 4 cups water

## Equipment

- frying pan
- sauce pan

## Directions

- To prepare pilaf, combine the first 8 ingredients in a medium saucepan over medium-high heat. Bring to a boil; stir once. Reduce heat to medium-low; simmer, uncovered, 15 minutes or until water is absorbed and rice is tender. Discard cinnamon, cardamom, and bay leaf.
- To prepare dal, heat olive oil in a large saucepan over medium-high heat.
- Add onion to pan; saut for 5 minutes or until lightly browned. Stir in ginger, curry powder, cumin, and garlic; cook for 30 seconds, stirring constantly.
- Add 4 cups water and next 4 ingredients (through serrano); bring to boil. Cover, reduce heat, and simmer 15 minutes or until lentils are tender. Stir in cilantro.
- Serve over pilaf.

## Nutrition Facts



■ PROTEIN 16.29% ■ FAT 7.49% ■ CARBS 76.22%

## Properties

Glycemic Index:50.74, Glycemic Load:30.63, Inflammation Score:-8, Nutrition Score:22.876086939936%

## Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 417.24kcal (20.86%), Fat: 3.5g (5.38%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 80.05g (26.68%), Net Carbohydrates: 62.22g (22.62%), Sugar: 8.65g (9.61%), Cholesterol: 0mg (0%), Sodium: 509.71mg (22.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.11g (34.22%), Manganese: 1.72mg (85.96%), Fiber: 17.83g (71.33%), Folate: 248.82µg (62.21%), Vitamin B1: 0.49mg (32.9%), Phosphorus: 308.17mg (30.82%), Iron: 4.83mg (26.84%), Copper: 0.49mg (24.3%), Vitamin B6: 0.48mg (23.81%), Magnesium: 89.67mg (22.42%), Potassium: 764.56mg (21.84%), Zinc: 3.11mg (20.77%), Selenium: 11.56µg (16.51%), Vitamin B5: 1.61mg (16.13%), Vitamin C: 12.17mg (14.75%), Vitamin B3: 2.46mg (12.29%), Vitamin K: 10.32µg (9.83%), Vitamin B2: 0.17mg (9.73%), Calcium: 88.83mg (8.88%), Vitamin A: 412.58IU (8.25%), Vitamin E: 0.99mg (6.58%)