

 **100%**
HEALTH SCORE

Curry Powder Trio (Take Yer Pick!)

 **Vegetarian** **Vegan** **Gluten Free** **Dairy Free** **Very Healthy**

READY IN

**7 min.**

SERVINGS

**2**

CALORIES

**533 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon amchur powder
- 0.3 teaspoon asafetida
- 3 tablespoons bob's mill garbanzo bean flour (chickpea)
- 1 tablespoon mustard seeds shopping list black
- 1 tablespoon peppercorns black
- 0.3 cup coriander seeds
- 0.3 cup cumin seeds
- 8 curry leaves dried crumbled

- 1 teaspoon ground mustard dry
- 2 teaspoons ground mustard dry
- 1 tablespoon fenugreek seeds
- 0.5 teaspoon ground cardamom
- 0.5 teaspoon chili powder
- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 3 tablespoons ground coriander
- 5 tablespoons ground coriander
- 1 tablespoon ground cumin
- 2 tablespoons ground cumin
- 1 teaspoon ground fenugreek
- 2 teaspoons ground fenugreek
- 2 teaspoons ground ginger
- 1.5 teaspoons pepper black
- 1.5 teaspoons pepper fresh black
- 1 tablespoon turmeric
- 1 teaspoon chili powder red hot
- 1 teaspoon salt
- 0.5 teaspoon turmeric
- 2 teaspoons turmeric
- 0.3 cup rice white
- 0.3 cup rice white

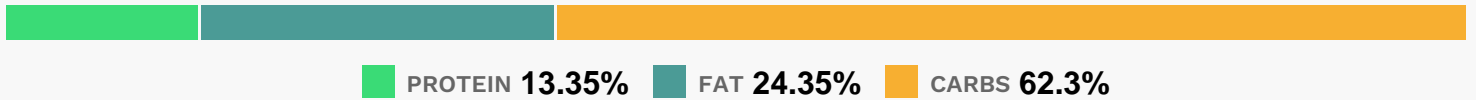
Equipment

- frying pan

Directions

- To make sambar podi --
- Combine 3 tablespoons ground coriander; 3 tablespoons besan (chickpea) flour; 1 tablespoon ground cumin; 1 1/2 teaspoons coarsely ground black pepper; 1 teaspoon each salt, ground fenugreek seeds, amchur powder, dry mustard, and hot red chile powder; 1/2 teaspoon each ground cinnamon and turmeric; 8 crumbled dried curry leaves; and 1/4 teaspoon asafetida. Makes about 2/3 cup. To make a basic curry powder --
- Combine 5 tablespoons ground coriander seeds, 2 tablespoons ground cumin seeds, 1 tablespoon ground turmeric, 2 teaspoons ground ginger, 2 teaspoons dry mustard, 2 teaspoons ground fenugreek seeds, 1 1/2 teaspoons ground black pepper, 1 teaspoon ground cinnamon, 1/2 teaspoon ground cloves, 1/2 teaspoon ground cardamom, and 1/2 teaspoon ground chile peppers. Makes about 3/4 cup. To make poudre de Colombo -- Toast 1/4 cup white rice in a dry skillet over medium heat, shaking frequently, until light brown, about 5 minutes.
- Remove and cool. In the same skillet, toast 1/4 cup cumin seeds; 1/4 cup coriander seeds; 1 tablespoon each black mustard seeds, black peppercorns, and fenugreek seeds; and 1 teaspoon whole cloves until lightly toasted and fragrant, about 2 to 3 minutes. Cool the spices, combine with the rice, and grind to a fine powder. Stir in 2 teaspoons turmeric. Makes about 1 cup.

Nutrition Facts



Properties

Glycemic Index:162.19, Glycemic Load:27, Inflammation Score:-10, Nutrition Score:47.204347826087%

Nutrients (% of daily need)

Calories: 532.6kcal (26.63%), Fat: 16.37g (25.18%), Saturated Fat: 1.56g (9.73%), Carbohydrates: 94.2g (31.4%), Net Carbohydrates: 68.33g (24.85%), Sugar: 3.32g (3.69%), Cholesterol: 0mg (0%), Sodium: 1258.46mg (54.72%), Protein: 20.18g (40.36%), Manganese: 5.25mg (262.45%), Vitamin B3: 49.96mg (249.79%), Iron: 28.97mg (160.93%), Folate: 549.99µg (137.5%), Vitamin C: 90.7mg (109.94%), Fiber: 25.87g (103.5%), Magnesium: 297.71mg (74.43%), Calcium: 566.51mg (56.65%), Selenium: 37.5µg (53.57%), Copper: 1.05mg (52.29%), Phosphorus: 463.75mg (46.38%), Potassium: 1396.69mg (39.91%), Zinc: 4.65mg (31%), Vitamin B1: 0.43mg (28.38%), Vitamin B6: 0.51mg (25.46%), Vitamin A: 933.39IU (18.67%), Vitamin K: 19.44µg (18.51%), Vitamin B2: 0.31mg (18.19%), Vitamin E: 2.22mg (14.77%), Vitamin B5: 0.75mg (7.49%)