



Curry Spice Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon chili flakes hot
- ☐ 1 tablespoon cumin seed
- ☐ 1 teaspoon curry powder
- ☐ 1 pound cool beans fresh hot cooked
- ☐ 1 tablespoon mustard seed
- ☐ 2 tablespoons salad oil
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup shallots chopped

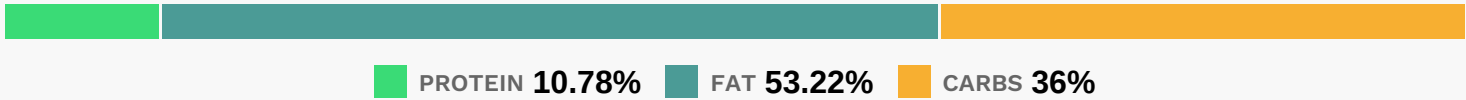
Equipment

☐ frying pan

Directions

- ☐ Set a 10– to 12–inch frying pan over medium heat. When pan is hot, salad oil,cumin seed, and mustard seed. Shake pan often until seeds sizzle and begin to pop, 30 to 60 seconds.
- ☐ Add shallots and stir until limp, about 2 minutes. Stir in curry powder and hot chili flakes.
- ☐ Add beans to pan. Stir beans until coated with seasonings and hot, 2 to 3 minutes.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:2.36, Inflammation Score:-5, Nutrition Score:8.3682608630346%

Nutrients (% of daily need)

Calories: 138.82kcal (6.94%), Fat: 8.68g (13.36%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 10.14g (3.69%), Sugar: 1.8g (2%), Cholesterol: 0mg (0%), Sodium: 210.2mg (9.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.91%), Folate: 125.55µg (31.39%), Vitamin C: 25.76mg (31.22%), Iron: 2.93mg (16.25%), Magnesium: 52.07mg (13.02%), Fiber: 3.08g (12.31%), Vitamin E: 1.63mg (10.85%), Potassium: 362.6mg (10.36%), Manganese: 0.2mg (10.05%), Selenium: 6.17µg (8.82%), Phosphorus: 87.67mg (8.77%), Calcium: 82.94mg (8.29%), Copper: 0.13mg (6.71%), Vitamin K: 6.14µg (5.85%), Zinc: 0.8mg (5.35%), Vitamin B6: 0.1mg (4.82%), Vitamin B1: 0.05mg (3.02%), Vitamin A: 99.75IU (1.99%), Vitamin B3: 0.28mg (1.42%), Vitamin B2: 0.02mg (1.16%)