

## Dal Bhaji

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**60 min.**

SERVINGS



**6**

CALORIES



**162 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 bell pepper finely chopped
- 0.5 teaspoon chili powder red to taste
- 1 teaspoon garlic minced
- 1 teaspoon ginger minced
- 0.5 teaspoon juice of lemon
- 1 cup lentils red
- 1 large onion chopped finely
- 0.5 cup peas green frozen

- 2 teaspoons suya seasoning mix for less spicy bhaji (spice mix available at Indian markets) (use less )
- 3 roma tomatoes finely chopped
- 1 cup savory vegetable finely
- 6 servings salt to taste
- 0.3 teaspoon turmeric
- 3 cups water

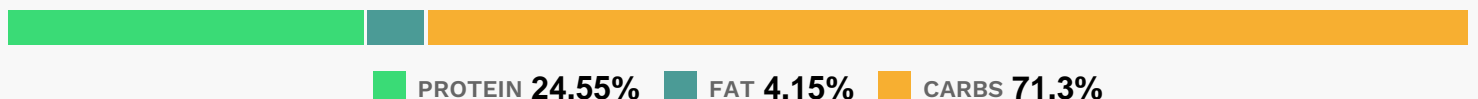
## Equipment

- pot
- wok
- pressure cooker

## Directions

- Put the dal and water in a pot and bring to a boil. Reduce the heat to low and simmer until the dal is softened, about 15 minutes.
- Add more water if necessary to prevent it from drying out. Cook the green beans, carrots, zucchini, and cabbage in water until soft. (I did this in the pressure cooker, with 1/2 cup of water at high pressure for 5 minutes.) When they're soft, add the peas and mash the vegetables well, in the liquid. Stir in the cooked dal.
- Heat a good non-stick wok or large pot.
- Add the onions and cook, adding a little water as necessary, until they begin to brown, about 4 minutes.
- Add the ginger, garlic, and bell peppers and cook for another 2 minutes. Stir in the pav bhaji masala, red chili powder, turmeric, and salt.
- Add the tomatoes, and cook until they start to break down, about 5 minutes.
- Add the mashed vegetables and salt to taste. Cook on low for about 20 minutes.
- Add lemon juice and serve on toasted buns, with pita bread, or as a dip.

## Nutrition Facts



## Properties

Glycemic Index:44.32, Glycemic Load:5.1, Inflammation Score:-10, Nutrition Score:19.027825873831%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 162.06kcal (8.1%), Fat: 0.78g (1.2%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 30.11g (10.04%), Net Carbohydrates: 17.05g (6.2%), Sugar: 4.11g (4.56%), Cholesterol: 0mg (0%), Sodium: 223.02mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.73%), Fiber: 13.06g (52.23%), Vitamin A: 2601.61IU (52.03%), Vitamin C: 41.19mg (49.92%), Folate: 182.98µg (45.75%), Manganese: 0.71mg (35.67%), Vitamin B1: 0.37mg (24.62%), Iron: 3.63mg (20.17%), Phosphorus: 190.16mg (19.02%), Vitamin B6: 0.35mg (17.66%), Vitamin K: 18.43µg (17.55%), Potassium: 562.02mg (16.06%), Magnesium: 62.48mg (15.62%), Copper: 0.27mg (13.53%), Zinc: 1.94mg (12.93%), Vitamin B3: 1.93mg (9.64%), Vitamin B2: 0.15mg (8.57%), Vitamin B5: 0.85mg (8.46%), Calcium: 69.24mg (6.92%), Vitamin E: 1.02mg (6.78%), Selenium: 3.16µg (4.51%)