



Dal with Cucumber Cream and Pita Chips

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup baby spinach fresh
- 2 teaspoons bottled garlic minced
- 0.5 teaspoon pepper red crushed
- 0.5 cup cucumber peeled seeded finely chopped
- 1.5 teaspoons cumin seeds
- 1.3 cups lentils dried
- 0.3 teaspoon bottled ground ginger fresh (such as Spice World)
- 0.3 teaspoon ground turmeric

- 2 teaspoons juice of lemon fresh
- 0.5 cup cup heavy whipping cream sour reduced-fat
- 1 tablespoon olive oil
- 1 cup onion chopped
- 0.5 cup plum tomatoes chopped
- 0.3 teaspoon salt
- 1 Dash salt
- 3 cups vegetable broth organic (such as Swanson Certified)
- 1 cup water
- 2 6-inch pitas whole wheat ()
- 1 teaspoon mustard seeds yellow

Equipment

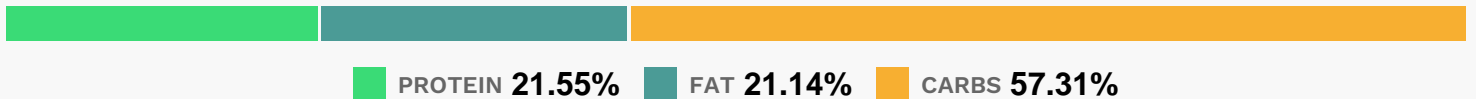
- food processor
- bowl
- baking sheet
- sauce pan
- oven
- whisk

Directions

- Preheat oven to 35
- To prepare pita chips, split pitas; cut each half into 8 wedges. Arrange wedges in a single layer on a baking sheet.
- Bake at 350 for 20 minutes or until crisp. Cool completely on baking sheet.
- To prepare cucumber cream, place spinach and sour cream in a food processor; process until smooth.
- Place spinach mixture in a small bowl; stir in cucumber and dash of salt. Cover and chill at least 1 hour.

- To prepare dal, heat oil in a large saucepan over medium-high heat.
- Add cumin seeds and mustard seeds; cook 2 minutes or until toasted, stirring frequently. Stir in onion, garlic, red pepper, turmeric, and ginger; cook 1 minute, stirring constantly. Stir in broth, lentils, and 1 cup water; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until lentils are very tender, stirring occasionally. Uncover and simmer 20 minutes or until thick and creamy, stirring occasionally with a whisk.
- Remove from heat. Stir in tomato, 1/4 teaspoon salt, and juice. Spoon about 3/4 cup dal into each of 4 bowls; top each serving with 3 tablespoons cucumber cream and 8 pita chips.

Nutrition Facts



Properties

Glycemic Index:55.4, Glycemic Load:6.81, Inflammation Score:-10, Nutrition Score:24.606956134672%

Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg Galliccatechin: 0.08mg, Galliccatechin: 0.08mg, Galliccatechin: 0.08mg, Galliccatechin: 0.08mg

Nutrients (% of daily need)

Calories: 328.61kcal (16.43%), Fat: 7.84g (12.07%), Saturated Fat: 2.55g (15.92%), Carbohydrates: 47.84g (15.95%), Net Carbohydrates: 27.92g (10.15%), Sugar: 5.69g (6.33%), Cholesterol: 10.06mg (3.35%), Sodium: 904.99mg (39.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.99g (35.98%), Fiber: 19.93g (79.7%), Folate: 314.38µg (78.59%), Manganese: 1.08mg (53.97%), Vitamin B1: 0.59mg (39.44%), Phosphorus: 331.21mg (33.12%), Iron: 5.61mg (31.19%), Vitamin K: 27.47µg (26.16%), Potassium: 848.12mg (24.23%), Magnesium: 96.4mg (24.1%), Vitamin A: 1188.16IU (23.76%), Vitamin B6: 0.47mg (23.26%), Zinc: 3.32mg (22.16%), Copper: 0.4mg (19.99%), Vitamin C: 13.39mg (16.23%), Vitamin B5: 1.43mg (14.33%), Selenium: 8.43µg (12.04%), Vitamin B2: 0.2mg (11.74%), Calcium: 109.16mg (10.92%), Vitamin B3: 1.99mg (9.95%), Vitamin E: 1.3mg (8.69%), Vitamin B12: 0.12µg (2.01%)