



Dal with Ghee, Cumin, and Mustard Seeds

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons brown mustard seeds
- 0.8 cup carrots diced (1 large)
- 2 teaspoons cumin seeds
- 4 cups less-sodium chicken broth fat-free
- 1 tablespoon ginger fresh grated
- 2 large cloves garlic minced
- 3.5 tablespoons ghee divided
- 2 teaspoons ground coriander

- 2 teaspoons ground turmeric
- 0.3 cup jalapeno seeded finely chopped (2)
- 1 cup onion finely chopped (1 medium)
- 0.8 teaspoon salt
- 1 cup water
- 1 pound peas split yellow

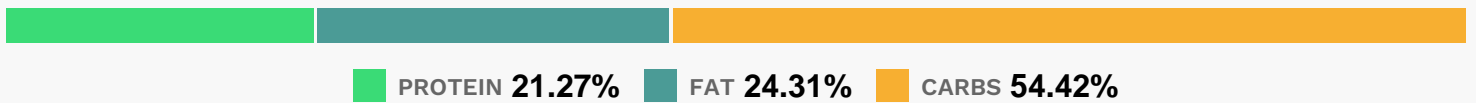
Equipment

- frying pan
- sauce pan

Directions

- Heat 1 1/2 teaspoons Ghee in a large saucepan over medium heat.
- Add onion, carrot, and garlic; cook 5 minutes. Stir in broth and next 7 ingredients (through peas); bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally.
- Place mustard and cumin seeds in a large nonstick skillet over medium heat; cook for 1 minute or until toasted.
- Add remaining 3 tablespoons Ghee; cook 1 minute or until seeds begin to pop. Stir into soup; serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.81, Glycemic Load:1.25, Inflammation Score:-10, Nutrition Score:24.507826317912%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 368.25kcal (18.41%), Fat: 10.28g (15.81%), Saturated Fat: 5.6g (35%), Carbohydrates: 51.76g (17.25%), Net Carbohydrates: 30.94g (11.25%), Sugar: 8.39g (9.32%), Cholesterol: 22.4mg (7.47%), Sodium: 937.28mg (40.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.22g (40.45%), Fiber: 20.82g (83.29%), Manganese: 1.24mg (61.86%), Vitamin A: 2835.13IU (56.7%), Folate: 218.31µg (54.58%), Vitamin B1: 0.59mg (39.54%), Copper: 0.73mg (36.57%), Phosphorus: 317.69mg (31.77%), Potassium: 932.81mg (26.65%), Magnesium: 100.8mg (25.2%), Iron: 4.53mg (25.17%), Vitamin B3: 3.36mg (16.81%), Zinc: 2.51mg (16.73%), Vitamin B5: 1.61mg (16.08%), Vitamin K: 14.02µg (13.35%), Vitamin B2: 0.22mg (12.98%), Vitamin B6: 0.25mg (12.59%), Vitamin C: 9.46mg (11.47%), Calcium: 75.1mg (7.51%), Selenium: 5.16µg (7.38%), Vitamin B12: 0.3µg (5.04%), Vitamin E: 0.36mg (2.41%)