



 **97%**
HEALTH SCORE

Dhal

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



95 min.

SERVINGS



4

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

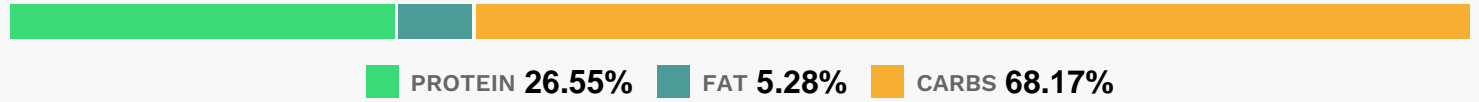
- 2 teaspoons mustard seeds shopping list black
- 0.5 teaspoon chili powder
- 1 tablespoon cilantro leaves
- 1 teaspoon cumin
- 2 garlic clove
- 8 ounces lentils yellow (channa dhal)
- 2 medium onion diced
- 4 servings salt and pepper

1 teaspoon turmeric

4 servings water

Equipment

Nutrition Facts



Properties

Glycemic Index:30.9, Glycemic Load:5.42, Inflammation Score:-10, Nutrition Score:19.729565217391%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg Galliccatechin: 0.08mg, Galliccatechin: 0.08mg, Galliccatechin: 0.08mg, Galliccatechin: 0.08mg

Nutrients (% of daily need)

Calories: 236.38kcal (11.82%), Fat: 1.4g (2.16%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 40.79g (13.6%), Net Carbohydrates: 22.1g (8.04%), Sugar: 3.65g (4.05%), Cholesterol: 0mg (0%), Sodium: 216.85mg (9.43%), Protein: 15.88g (31.77%), Fiber: 18.69g (74.76%), Folate: 284.89µg (71.22%), Manganese: 0.95mg (47.39%), Vitamin B1: 0.54mg (36%), Phosphorus: 291.01mg (29.1%), Iron: 5.14mg (28.55%), Magnesium: 86.16mg (21.54%), Vitamin B6: 0.41mg (20.66%), Zinc: 2.99mg (19.96%), Potassium: 665.86mg (19.02%), Copper: 0.38mg (18.9%), Vitamin B5: 1.3mg (13.05%), Selenium: 8.42µg (12.02%), Vitamin C: 7.34mg (8.89%), Vitamin B2: 0.15mg (8.55%), Vitamin B3: 1.7mg (8.51%), Calcium: 64.79mg (6.48%), Vitamin K: 3.83µg (3.65%), Vitamin E: 0.5mg (3.31%), Vitamin A: 111.04IU (2.22%)