



Dry Curried Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



6

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon asafetida
- ☐ 1.5 teaspoons mustard seeds shopping list black
- ☐ 1.5 teaspoons cumin seeds
- ☐ 4 curry leaves fresh
- ☐ 0.5 cup coconut flakes fresh finely grated
- ☐ 1.5 pounds green beans trimmed cut into 1/4-inch pieces
- ☐ 1 serrano chiles fresh red hot halved lengthwise
- ☐ 1.5 teaspoons skinned urad dal split

- ☐ 2 teaspoons vegetable oil
- ☐ 0.5 cup water

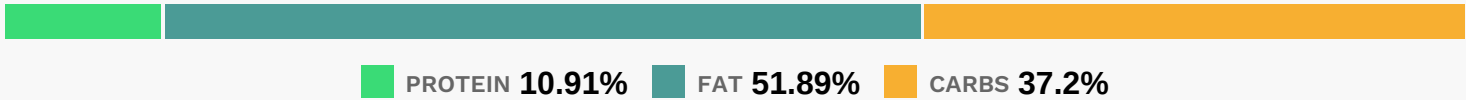
Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ If using desiccated coconut, soak in warm water to cover 1 hour and drain well in a sieve.
- ☐ Heat oil in a 3-quart heavy saucepan over moderate heat until hot but not smoking, then cook mustard seeds, cumin, dals, asafetida, chile, and curry leaves, stirring occasionally, until mustard seeds begin to pop. Stir in beans, water, and salt to taste and simmer, covered, until beans are just tender and most of water is evaporated, 6 to 8 minutes. Stir in coconut.
- ☐ * Dals are dried legumes.
- ☐ · Beans may be made 6 hours ahead and chilled, covered. Undercook slightly so beans retain color when reheated.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:2.24, Inflammation Score:-7, Nutrition Score:13.295652192572%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 105.84kcal (5.29%), Fat: 6.74g (10.37%), Saturated Fat: 4.37g (27.33%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 6.18g (2.25%), Sugar: 4.33g (4.81%), Cholesterol: 0mg (0%), Sodium: 11.61mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Vitamin K: 51.77µg (49.31%), Vitamin B3: 8.62mg (43.1%), Vitamin C: 27.91mg (33.83%), Folate: 117.93µg (29.48%), Manganese: 0.5mg (25.16%), Fiber: 4.69g (18.76%), Vitamin A: 824.1IU (16.48%), Iron: 1.94mg (10.79%), Magnesium: 40.12mg (10.03%), Vitamin B6: 0.19mg (9.6%), Potassium:

296.36mg (8.47%), Vitamin B2: 0.13mg (7.67%), Copper: 0.15mg (7.47%), Vitamin B1: 0.11mg (7.16%), Phosphorus: 67.17mg (6.72%), Calcium: 55.79mg (5.58%), Selenium: 3.6µg (5.14%), Vitamin E: 0.68mg (4.56%), Zinc: 0.49mg (3.29%), Vitamin B5: 0.32mg (3.2%)