



HEALTH SCORE

73%

Duguid's Everyday Dal



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**6**

CALORIES

**268 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 bay leaves



1 teaspoon brown mustard seeds black



1 cup carrots diced



1 cup cauliflower florets



1 stick cinnamon (3-inch)



0.5 teaspoon cumin seeds



1.5 cups lentils split red hulled rinsed drained ()



0.8 cup cilantro leaves fresh

- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 teaspoon turmeric
- ☐ 3 tablespoons olive oil
- ☐ 2 small chilies dried red hot stemmed
- ☐ 1.5 teaspoons salt divided
- ☐ 0.5 teaspoon nigella seeds
- ☐ 0.5 cup shallots finely chopped
- ☐ 6 cups water

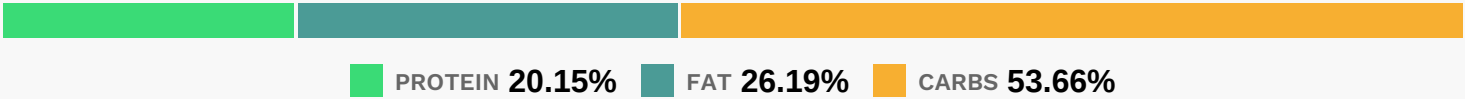
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine dal and 6 cups water in a large saucepan; bring to a boil. Stir in turmeric, bay leaves, and cinnamon stick; partially cover, reduce heat, and simmer 25 minutes or until tender, stirring occasionally. Stir in 1/2 teaspoon salt. Keep warm.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add mustard seeds; cook 1 minute or until seeds pop, stirring constantly.
- ☐ Add ginger and next 4 ingredients (through chiles); cook 2 minutes, stirring constantly.
- ☐ Add shallots; cook 3 minutes or until shallots are tender, stirring frequently.
- ☐ Add carrot and cauliflower; cook 5 minutes or until vegetables are crisp-tender, stirring frequently.
- ☐ Add 1 cup dal mixture and remaining 1 teaspoon salt to carrot mixture; cook 2 minutes, stirring frequently.
- ☐ Add carrot mixture to remaining dal mixture; bring to a boil. Cook 40 minutes or until mixture thickens.
- ☐ Sprinkle each serving with 2 tablespoons cilantro leaves.
- ☐ Garnish with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:37.57, Glycemic Load:5.3, Inflammation Score:-10, Nutrition Score:22.176087317259%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 267.66kcal (13.38%), Fat: 7.93g (12.2%), Saturated Fat: 1.12g (6.97%), Carbohydrates: 36.58g (12.19%), Net Carbohydrates: 19.81g (7.2%), Sugar: 4g (4.45%), Cholesterol: 0mg (0%), Sodium: 620.17mg (26.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.73g (27.46%), Vitamin A: 3768.59IU (75.37%), Fiber: 16.77g (67.08%), Folate: 251.87µg (62.97%), Manganese: 0.91mg (45.61%), Vitamin B1: 0.46mg (30.62%), Phosphorus: 248.6mg (24.86%), Iron: 4.35mg (24.18%), Vitamin B6: 0.42mg (20.77%), Potassium: 676.27mg (19.32%), Magnesium: 73.03mg (18.26%), Vitamin K: 18.79µg (17.89%), Vitamin C: 14.14mg (17.14%), Zinc: 2.55mg (17.03%), Copper: 0.34mg (16.85%), Vitamin B5: 1.28mg (12.79%), Vitamin E: 1.49mg (9.93%), Vitamin B3: 1.66mg (8.32%), Vitamin B2: 0.14mg (8%), Selenium: 4.63µg (6.62%), Calcium: 64.45mg (6.44%)