



HEALTH SCORE

**82%**

## Duguid's Everyday Dal



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**6**

CALORIES

**273 kcal**

SIDE DISH

## Ingredients



2 bay leaves



1 teaspoon brown mustard seeds black



1 cup carrots diced



1 cup cauliflower florets



1 stick cinnamon sticks (3-inch)



0.5 teaspoon cumin seeds



1.5 cups legumes 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 pepper flakes dried red hot stemmed
- ☐ 1.5 teaspoons salt divided
- ☐ 0.5 teaspoon nigella seeds
- ☐ 0.5 cup shallots finely chopped
- ☐ 6 cups water

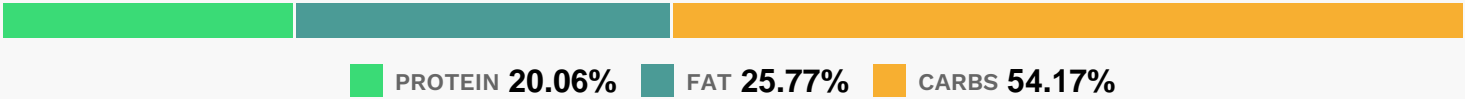
## Equipment

- ☐ 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:45.07, Glycemic Load:5.8, Inflammation Score:0, Nutrition Score:24.118695549343%

## 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: 273.12kcal (13.66%), Fat: 7.99g (12.29%), Saturated Fat: 1.12g (7%), Carbohydrates: 37.78g (12.59%), Net Carbohydrates: 20.84g (7.58%), Sugar: 4.73g (5.26%), Cholesterol: 0mg (0%), Sodium: 621.37mg (27.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.99g (27.99%), Vitamin A: 3867.24IU (77.34%), Fiber: 16.95g (67.79%), Folate: 255.24µg (63.81%), Manganese: 0.94mg (46.95%), Vitamin C: 35.65mg (43.21%), Vitamin B1: 0.47mg (31.33%), Phosphorus: 254.78mg (25.48%), Iron: 4.5mg (24.99%), Vitamin B6: 0.49mg (24.49%), Potassium: 721.45mg (20.61%), Vitamin K: 20.71µg (19.72%), Magnesium: 76.33mg (19.08%), Copper: 0.36mg (17.8%), Zinc: 2.59mg (17.27%), Vitamin B5: 1.31mg (13.08%), Vitamin E: 1.59mg (10.59%), Vitamin B3: 1.84mg (9.18%), Vitamin B2: 0.15mg (8.64%), Selenium: 4.7µg (6.72%), Calcium: 66.47mg (6.65%)