



Dum Shak Vegetable Casserole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



437 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 medium baking potatoes peeled cut into 1-inch cubes (1 1/4 pounds)
- ☐ 1 tablespoon cumin seeds
- ☐ 1 large eggplant cut into 1-inch cubes (1 1/4 pounds)
- ☐ 3 cups cilantro leaves fresh chopped
- ☐ 8 garlic cloves minced
- ☐ 2 tablespoons gingerroot grated peeled
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt

- ☐ 3 tablespoons serrano chile minced (8 chiles)
- ☐ 2 medium sweet potatoes peeled cut into 1-inch cubes (1 1/4 pounds)
- ☐ 2 cups coconut or fresh sweetened grated flaked
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water
- ☐ 2 cups water
- ☐ 1 cup peas dried split yellow

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Sort and wash peas.
- ☐ Place in an ovenproof Dutch oven; cover with water to 2 inches above peas. Bring to a boil, and cook for 2 minutes.
- ☐ Remove from heat; cover and let stand 1 hour.
- ☐ Drain peas, and return to pan.
- ☐ Add 1 cup of water and 1/2 teaspoon salt to pan, and bring to a boil. Cover pan, reduce heat, and simmer for 15 minutes or until most of the liquid evaporates.
- ☐ Remove the peas from pan, and set aside. Wipe pan dry with a paper towel.
- ☐ Heat oil in pan over high heat.
- ☐ Add cumin seeds, and saut 1 minute.
- ☐ Add peas, cilantro, and next 8 ingredients; stir gently.
- ☐ Add 2 cups water to pan. Cover and bake at 400 for 1 hour or until vegetables are tender.
- ☐ Garnish with cilantro, if desired.

Nutrition Facts



 **PROTEIN 11.63%**  **FAT 26.64%**  **CARBS 61.73%**

Properties

Glycemic Index:42.46, Glycemic Load:18.7, Inflammation Score:-10, Nutrition Score:26.976521699325%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 436.98kcal (21.85%), Fat: 13.41g (20.64%), Saturated Fat: 8.31g (51.95%), Carbohydrates: 69.94g (23.31%), Net Carbohydrates: 52.56g (19.11%), Sugar: 19.79g (21.99%), Cholesterol: 0mg (0%), Sodium: 726.55mg (31.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.17g (26.34%), Vitamin A: 11376.9IU (227.54%), Fiber: 17.38g (69.53%), Manganese: 1.37mg (68.32%), Vitamin K: 44.2µg (42.1%), Potassium: 1257.08mg (35.92%), Copper: 0.69mg (34.47%), Folate: 132.97µg (33.24%), Vitamin B6: 0.64mg (31.95%), Vitamin B1: 0.41mg (27.57%), Magnesium: 108.63mg (27.16%), Phosphorus: 259.98mg (26%), Iron: 4.08mg (22.69%), Vitamin C: 15.05mg (18.24%), Vitamin B5: 1.74mg (17.37%), Vitamin B3: 3.09mg (15.45%), Zinc: 1.92mg (12.79%), Vitamin B2: 0.2mg (11.76%), Selenium: 6.79µg (9.7%), Calcium: 86.88mg (8.69%), Vitamin E: 1.13mg (7.51%)