



 51%  
HEALTH SCORE

## Easy Fat-Free Dal Tadka

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon cumin seeds
- 0.5 teaspoon garam masala plus more to taste (see my recipe)
- 3 cloves garlic minced
- 1 teaspoon ginger minced
- 0.5 cup lentils split red yellow (mung beans)
- 0.5 large onion sliced
- 0.5 cup lentils split red (masoor dal)
- 0.5 teaspoon pepper red to taste (or )

- 0.5 teaspoon salt (if desired)
- 1 large tomatoes chopped
- 0.5 teaspoon turmeric
- 3 cups water

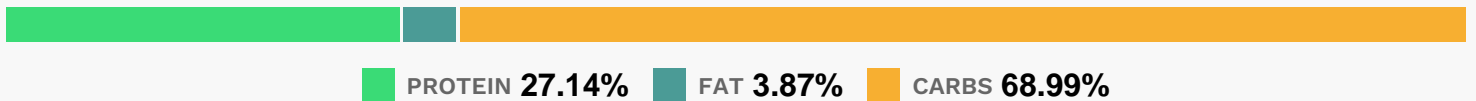
## Equipment

- frying pan
- stove
- pressure cooker

## Directions

- Put the lentils, water, and next 7 ingredients (through salt) into a pressure cooker (see Notes below for regular stovetop cooking). Cook at high pressure for 10 minutes and allow pressure to drop naturally for 10 minutes. Open lid carefully and check to make sure lentils are tender. If not, continue to cook without pressure until lentils are fully cooked.
- Add garam masala and stir vigorously to make the lentils creamy. It should be a medium consistency, so add a little water if it's too thick. Keep warm. While the lentils are cooking, heat a small non-stick skillet.
- Add the onions and cook, stirring often, until they begin to brown.
- Add the red pepper flakes and cook until onions are softened and touched with brown. Check the seasoning of the lentils and add additional salt and garam masala to taste.
- Serve over rice and top each serving with the browned onions.

## Nutrition Facts



## Properties

Glycemic Index:28.2, Glycemic Load:2.98, Inflammation Score:-9, Nutrition Score:11.251304211824%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg,

Isorhamnetin: 0.63mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## **Nutrients (% of daily need)**

Calories: 125.37kcal (6.27%), Fat: 0.55g (0.84%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 21.94g (7.31%), Net Carbohydrates: 11.71g (4.26%), Sugar: 2g (2.23%), Cholesterol: 0mg (0%), Sodium: 207.35mg (9.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.63g (17.26%), Fiber: 10.23g (40.92%), Folate: 155.64µg (38.91%), Manganese: 0.52mg (25.82%), Vitamin B1: 0.29mg (19.56%), Phosphorus: 155.73mg (15.57%), Iron: 2.79mg (15.52%), Vitamin B6: 0.23mg (11.69%), Potassium: 407.05mg (11.63%), Magnesium: 45.9mg (11.48%), Zinc: 1.62mg (10.77%), Copper: 0.21mg (10.68%), Vitamin C: 7mg (8.48%), Vitamin B5: 0.72mg (7.17%), Vitamin A: 318.8IU (6.38%), Vitamin B3: 1.06mg (5.29%), Vitamin B2: 0.08mg (4.67%), Selenium: 2.91µg (4.16%), Vitamin K: 4.24µg (4.04%), Calcium: 33.66mg (3.37%), Vitamin E: 0.4mg (2.67%)