



Easy Spinach Dal (Dhal, Dhall)

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces baby spinach washed and coarsely chopped
- 2 teaspoons cumin seeds
- 0.3 cup ginger fresh peeled finely chopped (from a 4-inch piece)
- 5 medium garlic clove peeled finely chopped
- 2 teaspoons kosher salt as needed plus more
- 2 tablespoons juice of lemon freshly squeezed (from 1 medium lemon)
- 1 medium serrano chiles stemmed finely chopped
- 1.5 teaspoons turmeric

- 8 tablespoons butter unsalted (1 stick)
- 8 cups water
- 14 ounces peas split yellow

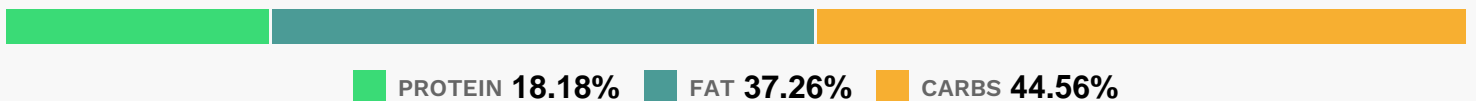
Equipment

- frying pan
- sauce pan
- sieve

Directions

- Place the split peas in a fine-mesh strainer and rinse thoroughly under cold water.
- Transfer to a large saucepan, add the measured water, and bring to a boil over high heat.Reduce the heat to medium low and simmer, stirring occasionally and skimming any scum off the surface with a large spoon, until the peas are completely soft and the consistency of split pea soup, about 45 minutes.
- Remove from the heat and stir in the lemon juice and measured salt; set aside.
- Heat the butter in a medium frying pan over medium heat until foaming.
- Add the cumin seeds and turmeric and cook, stirring occasionally, until the cumin seeds are toasted and fragrant and the butter is very foamy, about 3 minutes.
- Add the garlic, ginger, and serrano; season with salt; and cook, stirring occasionally, until the vegetables have softened, about 2 to 3 minutes.
- Add the spinach, season with salt, and cook, stirring occasionally, until the spinach is completely wilted, about 4 minutes.
- Transfer the spinach mixture to the reserved saucepan with the split peas and stir to combine.
- Serve immediately with steamed rice or naan on the side.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.52, Inflammation Score:-10, Nutrition Score:29.358695253082%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 380.72kcal (19.04%), Fat: 16.31g (25.1%), Saturated Fat: 9.76g (60.99%), Carbohydrates: 43.89g (14.63%), Net Carbohydrates: 25.83g (9.39%), Sugar: 5.75g (6.39%), Cholesterol: 40.13mg (13.38%), Sodium: 835.17mg (36.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.9g (35.81%), Vitamin K: 193.74µg (184.51%), Vitamin A: 4127.85IU (82.56%), Fiber: 18.06g (72.24%), Manganese: 1.38mg (68.84%), Folate: 257.15µg (64.29%), Copper: 0.7mg (35.17%), Vitamin B1: 0.52mg (34.89%), Magnesium: 115.75mg (28.94%), Phosphorus: 275.76mg (27.58%), Potassium: 923.85mg (26.4%), Iron: 4.69mg (26.08%), Vitamin C: 15.36mg (18.61%), Zinc: 2.34mg (15.62%), Vitamin B2: 0.23mg (13.47%), Vitamin B5: 1.24mg (12.4%), Vitamin B6: 0.25mg (12.3%), Vitamin B3: 2.32mg (11.58%), Calcium: 100.92mg (10.09%), Vitamin E: 1.32mg (8.83%), Selenium: 2.07µg (2.96%), Vitamin D: 0.28µg (1.87%)