



Ginger and Curry Leaf Rasam

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pinch asafetida
- 2 teaspoons mustard seeds shopping list black
- 1 teaspoon pepper black freshly ground
- 10 curry leaves fresh
- 3 inch ginger fresh peeled finely chopped
- 1 teaspoon turmeric
- 0.5 cup lentils dried red washed picked over drained
- 0.5 teaspoon salt

- 1 tablespoon tamarind paste
- 1 medium tomatoes finely chopped
- 12 ounce coconut milk unsweetened canned
- 2 tablespoons vegetable oil
- 6.3 cups water

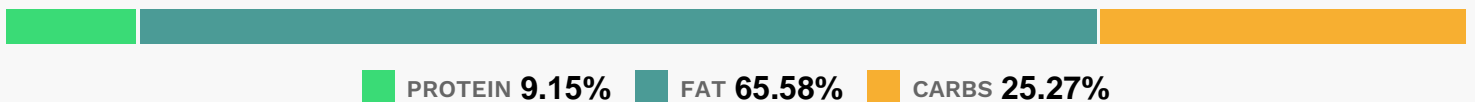
Equipment

- pot

Directions

- Place the lentils, 4 cups water, turmeric, and salt in a large pot and cook over medium-high heat until the lentils are tender, about 30 minutes, frequently skimming off any foam with a spoon.
- In a heavy-bottom pot, heat the oil over medium heat and add the curry leaves, stirring until very fragrant, about 1 minute.
- Remove 4 leaves and reserve for the garnish. To the oil, add the mustard seeds, asafetida, ginger, and tomato and cook until the tomato begins to dry, about 3 minutes.
- Add the lentils, 2 1/4 cups water, the coconut milk, tamarind, and black pepper and bring to a boil. Reduce the heat and simmer for another 3 minutes.
- Season with salt and serve hot, garnished with the fried curry leaves.
- From Flavors First: An Indian Chef's Culinary Journey by Vikas Khanna. Recipes copyright © 2011 by Vikas Khanna; photography © 2011 Vikas Khanna, Andrew Blackmore-Dobbyn, and Ronnie Bhardwaj. Published by Lake Isle Press.

Nutrition Facts



Properties

Glycemic Index:44.9, Glycemic Load:3.64, Inflammation Score:-10, Nutrition Score:25.291739152825%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 367.29kcal (18.36%), Fat: 28.06g (43.17%), Saturated Fat: 19.12g (119.48%), Carbohydrates: 24.33g (8.11%), Net Carbohydrates: 14.39g (5.23%), Sugar: 5.89g (6.54%), Cholesterol: 0mg (0%), Sodium: 327.23mg (14.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.8g (17.61%), Vitamin B3: 30.39mg (151.95%), Folate: 423.65µg (105.91%), Vitamin C: 58.28mg (70.64%), Manganese: 1.31mg (65.36%), Fiber: 9.94g (39.77%), Copper: 0.46mg (22.88%), Phosphorus: 215.77mg (21.58%), Iron: 3.78mg (20.98%), Magnesium: 80.2mg (20.05%), Vitamin B1: 0.26mg (17.54%), Potassium: 590.4mg (16.87%), Vitamin K: 17.3µg (16.48%), Selenium: 10.42µg (14.89%), Zinc: 1.88mg (12.56%), Vitamin B6: 0.2mg (10.13%), Vitamin A: 364.48IU (7.29%), Vitamin E: 1.08mg (7.2%), Vitamin B5: 0.7mg (7%), Calcium: 63.55mg (6.36%), Vitamin B2: 0.07mg (4.13%)