



Gujarati Dry Mung Bean Curry

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small pinch double-acting baking powder
- 2 medium pepper flakes hot minced
- 1 teaspoon ground cinnamon
- 0.3 cup cilantro leaves chopped
- 2 teaspoons cumin seeds
- 6 curry leaves
- 1 tablespoon garlic minced
- 1 tablespoon juice of lemon to taste

- 1.5 cups mung beans
- 1 teaspoon mustard seeds
- 4 servings salt to taste
- 4 servings sugar to taste
- 1 tablespoon unrefined sunflower oil
- 1 medium tomatoes chopped
- 0.5 teaspoon turmeric

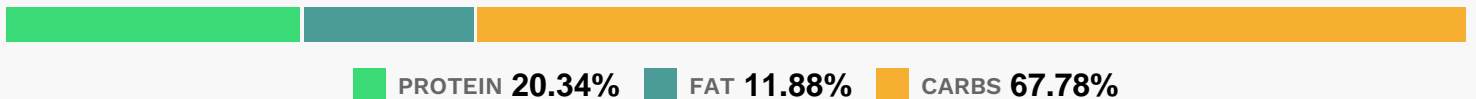
Equipment

- frying pan
- pressure cooker

Directions

- Wash the mung beans and boil them in plenty of hot water with a pinch of baking powder until al-dente. If you have a pressure cooker thats about 6-7 whistles.
- Drain and set aside.In a large pan heat the oil and add the mustard seeds (wait for them to pop) then add the cumin seeds, asafoetida, curry leaves, garlic and chillies. Saut until aromatic. Obviously dont let it burn.
- Add the tomatoes, turmeric and mung beans and cook for two minutes. Be careful not to mash it up as you stir.
- Add the salt, sugar, lemon juice and cinnamon powder and cook for a further two minutes.Throw in the chopped coriander, combine and serve.

Nutrition Facts



Properties

Glycemic Index:80.52, Glycemic Load:9.66, Inflammation Score:-10, Nutrition Score:32.726086956522%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 375.59kcal (18.78%), Fat: 5.15g (7.92%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 66.07g (22.02%), Net Carbohydrates: 52.07g (18.93%), Sugar: 19.32g (21.46%), Cholesterol: 0mg (0%), Sodium: 217.18mg (9.44%), Protein: 19.83g (39.67%), Folate: 674.07µg (168.52%), Vitamin B3: 19.59mg (97.95%), Vitamin C: 72.83mg (88.28%), Fiber: 14g (56.01%), Manganese: 1.08mg (53.97%), Magnesium: 163.82mg (40.95%), Copper: 0.8mg (40.25%), Iron: 6.5mg (36.11%), Vitamin B1: 0.53mg (35.24%), Potassium: 1161.8mg (33.19%), Phosphorus: 319.49mg (31.95%), Vitamin B6: 0.48mg (23.78%), Vitamin B5: 1.59mg (15.86%), Zinc: 2.34mg (15.59%), Vitamin K: 16.17µg (15.4%), Vitamin E: 2.28mg (15.19%), Vitamin A: 697.83IU (13.96%), Calcium: 139.38mg (13.94%), Vitamin B2: 0.22mg (12.96%), Selenium: 8.49µg (12.12%)