



Indian spiced greens



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 1 tsp cumin seeds
- ☐ 0.5 tsp mustard seeds
- ☐ 4 to 2 chillies slit green finely chopped
- ☐ 1 large piece ginger fresh grated
- ☐ 0.5 tsp turmeric
- ☐ 500 g brussels sprouts shredded or any other such as kale, brussels sprouts,
- ☐ 100 g pea-mond dressing

- ☐ 1 juice of lemon
- ☐ 0.5 tsp ground coriander
- ☐ 1 small bunch cilantro leaves roughly chopped
- ☐ 2 tbsp coconut flakes unsweetened

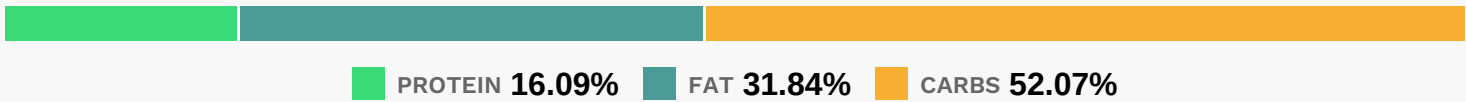
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat the oil in a large non-stick pan or wok, sizzle the cumin and mustard seeds for 1 min, then add the chilli, ginger and turmeric. Fry until aromatic, then add the greens, a pinch of salt, a splash of water and the peas.
- ☐ Cover the pan and cook for 4-5 mins until the greens have wilted.
- ☐ Add the lemon juice, ground coriander, half the fresh coriander and half the desiccated coconut, then toss everything together. Pile into a serving dish and scatter with the rest of the coconut and coriander.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:3.58, Inflammation Score:-10, Nutrition Score:20.597826232081%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 4.22mg, Naringenin: 4.22mg, Naringenin: 4.22mg, Naringenin: 4.22mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 149.85kcal (7.49%), Fat: 5.84g (8.98%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 21.48g (7.16%), Net Carbohydrates: 12.86g (4.68%), Sugar: 5.53g (6.15%), Cholesterol: 0mg (0%), Sodium: 185.35mg (8.06%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.28%), Vitamin K: 234.22µg (223.06%), Vitamin C: 115.49mg (139.99%), Fiber: 8.62g (34.48%), Manganese: 0.67mg (33.57%), Folate: 131.97µg (32.99%), Vitamin A: 1088.41IU (21.77%), Potassium: 615.76mg (17.59%), Iron: 3.04mg (16.86%), Vitamin B6: 0.32mg (16.19%), Vitamin B1: 0.24mg (15.71%), Phosphorus: 138.9mg (13.89%), Magnesium: 50.09mg (12.52%), Vitamin E: 1.56mg (10.42%), Copper: 0.19mg (9.7%), Vitamin B2: 0.14mg (8.08%), Calcium: 68.87mg (6.89%), Zinc: 0.98mg (6.54%), Vitamin B3: 1.17mg (5.84%), Vitamin B5: 0.54mg (5.36%), Selenium: 3.74µg (5.35%)