



Indian Split Peas with Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

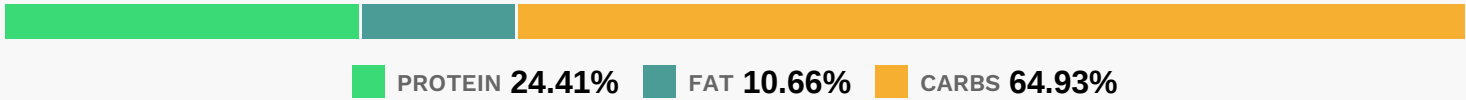
- ☐ 2 teaspoons vegetable oil
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon turmeric
- ☐ 2 pepper flakes seeded finely chopped
- ☐ 1 pound cauliflower florets
- ☐ 2 cups peas split yellow cooked
- ☐ 0.3 cup vegetable stock (from 32-oz carton)
- ☐ 2 cups black beans sweet frozen thawed rinsed drained

Equipment

Directions

- ☐
- Heat oil in 10-inch sillet over medium-high heat. Cook cumin, turmeric and chilies in oil 2 minutes, stirring occasionally.
- ☐
- Stir in cauliflowererets and broth. Cook and cover 3 to 4 minutes or until cauliflowererets are tender.
- ☐
- Stir in remaining ingredients. Cook about 5 minutes, stirring occasionally, until hot.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:9.8, Inflammation Score:-9, Nutrition Score:24.990434750267%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 288.51kcal (14.43%), Fat: 3.58g (5.51%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 49.07g (16.36%), Net Carbohydrates: 30.79g (11.2%), Sugar: 6.33g (7.04%), Cholesterol: 0mg (0%), Sodium: 98.08mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.45g (36.89%), Vitamin C: 87.43mg (105.98%), Fiber: 18.27g (73.1%), Folate: 261.73µg (65.43%), Manganese: 1.01mg (50.29%), Vitamin B1: 0.47mg (31.38%), Potassium: 1079.2mg (30.83%), Magnesium: 118.82mg (29.71%), Vitamin K: 29.79µg (28.38%), Phosphorus: 278.57mg (27.86%), Iron: 4mg (22.2%), Copper: 0.43mg (21.66%), Vitamin B6: 0.43mg (21.61%), Vitamin B5: 1.59mg (15.93%), Zinc: 2.33mg (15.5%), Vitamin B2: 0.19mg (11.42%), Vitamin B3: 2.18mg (10.9%), Calcium: 67.59mg (6.76%), Vitamin A: 260.68IU (5.21%), Selenium: 2.43µg (3.47%), Vitamin E: 0.47mg (3.14%)