



Indian Vegetable and Fruit Salad (Pachadi)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon brown mustard seeds
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 1 cup cucumber chopped
- ☐ 0.5 teaspoon cumin seeds
- ☐ 1 teaspoon jalapeno minced
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime
- ☐ 2 tablespoons olive oil

- ☐ 1 cup pineapple chopped
- ☐ 0.5 cup onion red chopped
- ☐ 0.5 cup tomatoes chopped

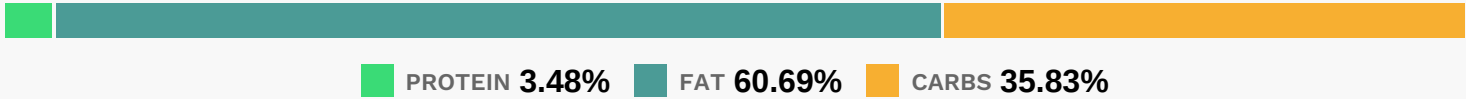
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine all ingredients except oil and spices in a medium bowl.
- ☐ Heat oil in a small frying pan over high heat until very hot, about 2 minutes.
- ☐ Remove from heat and add spices. When mustard seeds pop, 1 to 2 minutes, pour over vegetable mixture and mix well.
- ☐ Serve as a side dish with shrimp.

Nutrition Facts



Properties

Glycemic Index:51.92, Glycemic Load:3.53, Inflammation Score:-5, Nutrition Score:6.0908695083597%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 101.51kcal (5.08%), Fat: 7.24g (11.14%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 8.09g (2.94%), Sugar: 6.06g (6.74%), Cholesterol: 0mg (0%), Sodium: 585.85mg (25.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.87%), Vitamin C: 29.11mg (35.28%), Manganese: 0.47mg

(23.74%), Vitamin K: 14.94µg (14.23%), Vitamin E: 1.25mg (8.34%), Vitamin A: 358.77IU (7.18%), Fiber: 1.52g (6.09%), Vitamin B6: 0.11mg (5.71%), Potassium: 190.52mg (5.44%), Folate: 21.04µg (5.26%), Copper: 0.1mg (4.88%), Vitamin B1: 0.06mg (4.29%), Magnesium: 15.25mg (3.81%), Iron: 0.54mg (3.01%), Phosphorus: 24.19mg (2.42%), Vitamin B5: 0.23mg (2.33%), Calcium: 21.79mg (2.18%), Vitamin B2: 0.04mg (2.15%), Vitamin B3: 0.41mg (2.06%), Zinc: 0.2mg (1.36%)