



HEALTH SCORE

100%

Kale and Toor Dal



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 tsp asafetida
- 1 tsp mustard seeds shopping list black
- 0.1 tsp pepper black freshly ground
- 0.5 tsp cilantro leaves
- 1 tsp cumin seeds
- 0.1 tsp fenugreek leaves
- 1 tsp garlic chopped
- 0.5 tsp ground cumin

- 1 bunch kale washed sliced chopped
- 0.5 tsp to 5 chilies red
- 4 servings salt to taste
- 1 cup lentils red (may substitute lentils)
- 4 cups water

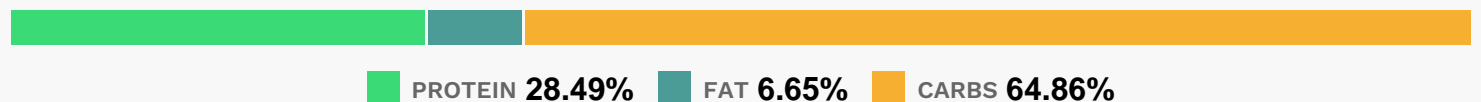
Equipment

- frying pan

Directions

- Add the cumin and mustard seeds and the garlic, and cook for one minute.
- Add the kale and stir.
- Add one tablespoon water and cover the pan. Stir every minute or so, and cook until the kale is wilted, about 4 minutes.
- Add the dal and remaining ingredients to the kale. Cover and cook for about 10 minutes.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:52.65, Glycemic Load:3.41, Inflammation Score:-10, Nutrition Score:25.372608889704%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg Kaempferol: 15.21mg, Kaempferol: 15.21mg, Kaempferol: 15.21mg, Kaempferol: 15.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 177.5kcal (8.88%), Fat: 1.34g (2.06%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 14.1g (5.13%), Sugar: 1.27g (1.42%), Cholesterol: 0mg (0%), Sodium: 227.16mg (9.88%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 12.9g (25.8%), Vitamin K: 129.34µg (123.18%), Vitamin A: 3281.77IU (65.64%), Fiber: 15.26g (61.02%), Folate: 236.8µg (59.2%), Manganese: 0.89mg (44.45%), Vitamin C: 33.57mg (40.7%), Vitamin B1: 0.44mg (29.37%), Iron: 4.52mg (25.12%), Phosphorus: 230.42mg (23.04%), Magnesium: 73.26mg (18.31%), Potassium: 566.86mg (16.2%), Zinc: 2.38mg (15.88%), Vitamin B6: 0.31mg (15.43%), Copper: 0.3mg (15.15%), Calcium: 125.88mg (12.59%), Vitamin B2: 0.21mg (12.54%), Vitamin B5: 1mg (10.03%), Vitamin B3: 1.63mg (8.15%), Selenium: 5.22µg (7.46%), Vitamin E: 0.49mg (3.29%)