



Kashmiri-Style Kidney Beans with Turnips

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



220 kcal

SIDE DISH

Ingredients

- 14.5 ounce kidney beans drained canned
- 0.5 teaspoon fennel seeds whole
- 0.5 teaspoon ginger fresh minced
- 0.5 teaspoon garam masala
- 0.5 teaspoon garlic minced
- 0.5 teaspoon ground ginger
- 1 teaspoon paprika
- 1 cup onion red finely chopped

- 0.5 teaspoon salt
- 1 cup tomatoes chopped
- 0.5 teaspoon turmeric
- 2 turnip cubed peeled
- 3 tablespoons vegetable oil
- 2 tablespoons water
- 0.5 teaspoon cumin seeds whole

Equipment

- frying pan
- sauce pan

Directions

- Place turnips into a saucepan with the water and 1/2 teaspoon salt. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the turnip is soft, about 5 minutes. Once tender, stir in the kidney beans, and cook 5 minutes more.
- Meanwhile, heat the vegetable oil in a skillet over medium-high heat. Stir in the cumin and fennel, and cook until the spices toast and become fragrant, about 1 minute. Stir in the onion, and cook until it turns golden brown, about 5 minutes. Stir in the minced ginger and garlic, cook and stir for 30 seconds, then add the tomatoes and salt, and continue cooking until the mixture turns pasty. Finally, stir in the paprika, turmeric, ground ginger, and 2 tablespoons water; cook 2 minutes more.
- Add the tomato mixture to the turnips, and simmer 10 minutes. Season with garam masala before serving.

Nutrition Facts



PROTEIN 12.17% **FAT 43.22%** **CARBS 44.61%**

Properties

Glycemic Index:65, Glycemic Load:8.43, Inflammation Score:-9, Nutrition Score:11.796086850374%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg

Nutrients (% of daily need)

Calories: 219.89kcal (10.99%), Fat: 10.97g (16.88%), Saturated Fat: 1.7g (10.6%), Carbohydrates: 25.48g (8.49%), Net Carbohydrates: 17.36g (6.31%), Sugar: 6.98g (7.75%), Cholesterol: 0mg (0%), Sodium: 599.89mg (26.08%), Alcohol: 0g (100%), Protein: 6.95g (13.91%), Fiber: 8.12g (32.48%), Manganese: 0.62mg (30.89%), Vitamin C: 21.97mg (26.63%), Vitamin K: 26.59µg (25.33%), Potassium: 562.71mg (16.08%), Phosphorus: 151.73mg (15.17%), Copper: 0.25mg (12.74%), Magnesium: 49.71mg (12.43%), Folate: 49.5µg (12.37%), Vitamin B6: 0.24mg (11.95%), Iron: 2.14mg (11.86%), Vitamin B1: 0.17mg (11.4%), Vitamin A: 560.98IU (11.22%), Vitamin E: 1.24mg (8.3%), Calcium: 69.36mg (6.94%), Vitamin B2: 0.11mg (6.73%), Zinc: 1mg (6.69%), Vitamin B3: 1.14mg (5.69%), Vitamin B5: 0.35mg (3.54%), Selenium: 2.01µg (2.87%)