



khichdi recipe

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



346 kcal

SIDE DISH

Ingredients

- 1 bay leaves
- 2 servings to 2 chilies slit green
- 0.5 tsp cumin
- 1 tbsp ghee
- 1 tsp ginger grated
- 0.8 lentils yellow
- 1 slices onion
- 0.5 tsp chili powder red

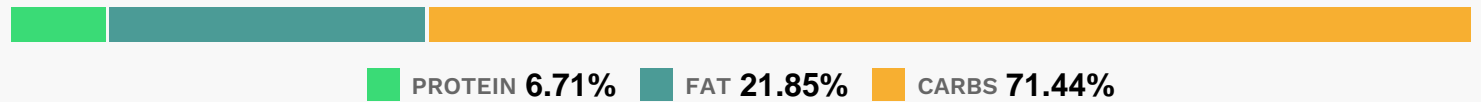
- 0.8 cup rice
- 2 servings salt as needed
- 0.5 cup tomatoes
- 2 servings turmeric
- 2.5 cups water

Equipment

Directions

- find complete recipe at swasthi's blog

Nutrition Facts



Properties

Glycemic Index:87.89, Glycemic Load:33.99, Inflammation Score:-10, Nutrition Score:8.5591304347826%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Taste

Sweetness: 64.39%, Saltiness: 76.31%, Sourness: 54.82%, Bitterness: 100%, Savoriness: 23.34%, Fattiness: 51.64%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 346.12kcal (17.31%), Fat: 8.32g (12.8%), Saturated Fat: 4.84g (30.25%), Carbohydrates: 61.22g (20.41%), Net Carbohydrates: 58.11g (21.13%), Sugar: 2.48g (2.75%), Cholesterol: 19.2mg (6.4%), Sodium: 326.69mg (14.2%), Protein: 5.75g (11.5%), Manganese: 0.92mg (46.23%), Selenium: 10.76µg (15.37%), Fiber: 3.1g (12.42%), Copper: 0.25mg (12.32%), Vitamin C: 9.61mg (11.65%), Vitamin A: 520.16IU (10.4%), Phosphorus: 100.04mg (10%), Vitamin B6: 0.19mg (9.54%), Iron: 1.59mg (8.84%), Magnesium: 30.82mg (7.7%), Vitamin B5: 0.76mg (7.61%), Vitamin B3: 1.51mg (7.55%), Potassium: 233.67mg (6.68%), Zinc: 0.98mg (6.54%), Vitamin B1: 0.08mg (5.03%), Calcium: 43.25mg (4.33%), Vitamin E: 0.59mg (3.92%), Folate: 15.09µg (3.77%), Vitamin K: 3.93µg (3.75%), Vitamin B2: 0.05mg (3.21%)