

## Makhani dhal



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



293 kcal

SIDE DISH

## Ingredients

- ☐ 225 g skinned urad dal black
- ☐ 2 onion finely chopped
- ☐ 2 to 2 chilies slit green deseeded sliced
- ☐ 50 g butter chunk plus a small
- ☐ 1 tbsp ginger fresh grated
- ☐ 3 garlic clove thinly sliced
- ☐ 1 tsp turmeric
- ☐ 2 tsp ground cumin

- ☐ 2 tsp ground coriander
- ☐ 2 bay leaves
- ☐ 800 g beans red rinsed canned
- ☐ 142 ml double cream
- ☐ 0.5 tsp garam masala
- ☐ 1 handful cilantro leaves chopped

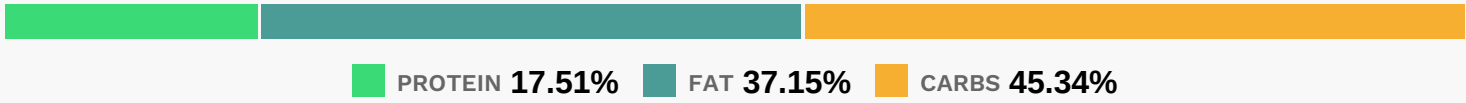
## Equipment

- ☐ bowl

## Directions

- ☐ Boil the lentils in 800ml water for 15 mins until almost tender. Meanwhile, fry the onions and chillies in the 50g butter for about 7 mins until starting to soften. Stir in the ginger, garlic and spices and cook over a low heat for 1 min more.
- ☐ Pour in 800ml boiling water followed by the cooked lentils and any liquid.
- ☐ Add the bay leaves and beans, then simmer for 20 mins more until thickened. This can be made 2 days ahead and chilled, or frozen for up to 1 month.
- ☐ To serve, return to the heat if necessary and stir in the cream. Season well.
- ☐ Pour into a bowl, dot with the remaining butter, dust with garam masala and scatter with coriander.

## Nutrition Facts



## Properties

Glycemic Index:27, Glycemic Load:5.67, Inflammation Score:-9, Nutrition Score:9.2717390578726%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

Nutrients (% of daily need)

Calories: 293.32kcal (14.67%), Fat: 12.38g (19.04%), Saturated Fat: 7.43g (46.43%), Carbohydrates: 33.99g (11.33%), Net Carbohydrates: 21.84g (7.94%), Sugar: 3.97g (4.41%), Cholesterol: 33.61mg (11.2%), Sodium: 342.99mg (14.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.12g (26.24%), Fiber: 12.15g (48.59%), Iron: 4.02mg (22.31%), Manganese: 0.4mg (19.92%), Phosphorus: 133.19mg (13.32%), Potassium: 351.08mg (10.03%), Magnesium: 38.79mg (9.7%), Vitamin A: 462.36IU (9.25%), Copper: 0.18mg (8.83%), Vitamin B1: 0.13mg (8.66%), Folate: 32.77µg (8.19%), Calcium: 76.55mg (7.66%), Vitamin C: 6.22mg (7.54%), Vitamin B6: 0.14mg (7.15%), Vitamin B2: 0.12mg (6.83%), Vitamin K: 6.85µg (6.53%), Zinc: 0.79mg (5.28%), Selenium: 2.16µg (3.09%), Vitamin B3: 0.61mg (3.04%), Vitamin E: 0.38mg (2.5%), Vitamin B5: 0.23mg (2.28%), Vitamin D: 0.29µg (1.9%)