



Masoor Dal



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



13 min.

SERVINGS



2

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon mustard seeds shopping list black
- ☐ 200 grams canned tomatoes whole ()
- ☐ 2 servings chili peppers fresh split to taste
- ☐ 1 cup lentils red (lentils)
- ☐ 2 servings chilies
- ☐ 0.5 teaspoon fennel seeds
- ☐ 3 large cloves garlic
- ☐ 30 grams ginger sliced into 1/4-inch coins (- 1-inch)

- ☐ 0.5 teaspoon turmeric
- ☐ 0.5 optional: lemon
- ☐ 1 teaspoon sugar raw
- ☐ 0.5 teaspoon cumin seeds whole

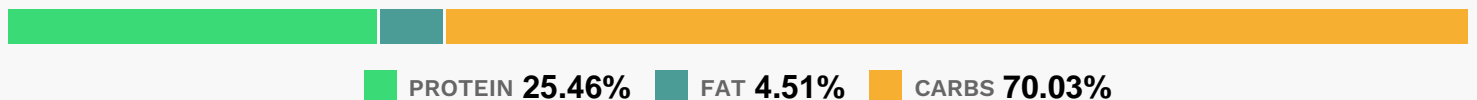
Equipment

- ☐ frying pan
- ☐ broiler
- ☐ pressure cooker

Directions

- ☐ In a broiler, or using a torch, blacken the garlic and ginger and then add them to a pressure cooker. Wash the masoor dal until the water runs clear and add them to the pressure cooker along with 3 cups of water, the turmeric, stewed tomatoes (with juices), and chiles to taste. Thoroughly wash the cilantro, and cut just the bottom parts of the stems and roots off adding them to the pot (save the leaves for garnish). Cover the pressure cooker with a lid and bring up to pressure over high-heat. Turn down the heat to maintain a gentle whistle and cook the lentils for 7 minutes. When the lentils are done, put the pressure cooker in the sink and run some water over the lid to quickly release the pressure. Doing this will make a loud noise and will release a lot of steam, so keep a safe distance. When the pressure has fully dropped, open the lid.
- ☐ Remove the cilantro root, garlic and ginger.
- ☐ Add the salt, sugar and lemon juice and adjust the seasoning to taste. In a small pan, add the ghee and heat until hot.
- ☐ Add the cumin seeds, mustard seed, fennel seed and chili pepper and fry until very fragrant.
- ☐ Pour this mixture onto the dal masoor and garnish with the cilantro leaves to serve.

Nutrition Facts



Properties

Glycemic Index:71.55, Glycemic Load:9.84, Inflammation Score:-10, Nutrition Score:34.197391178297%

Flavonoids

Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 399.88kcal (19.99%), Fat: 2.07g (3.19%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 72.44g (24.15%), Net Carbohydrates: 40.92g (14.88%), Sugar: 10.09g (11.21%), Cholesterol: 0mg (0%), Sodium: 144.1mg (6.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.33g (52.66%), Fiber: 31.52g (126.09%), Folate: 451.33µg (112.83%), Manganese: 1.62mg (81.09%), Vitamin B1: 0.9mg (59.86%), Iron: 9.24mg (51.35%), Phosphorus: 469.89mg (46.99%), Vitamin B6: 0.77mg (38.51%), Potassium: 1343.6mg (38.39%), Magnesium: 148.83mg (37.21%), Vitamin C: 30.58mg (37.06%), Copper: 0.73mg (36.49%), Zinc: 4.82mg (32.15%), Vitamin B5: 2.34mg (23.38%), Vitamin B3: 4.03mg (20.13%), Vitamin B2: 0.29mg (16.94%), Vitamin A: 793.46IU (15.87%), Selenium: 10.6µg (15.14%), Vitamin E: 1.91mg (12.71%), Calcium: 116.65mg (11.66%), Vitamin K: 12.19µg (11.61%)