



Moong Dal with Spinach



Vegetarian



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch asafoetida powder
- ☐ 1 teaspoon cumin seeds
- ☐ 6 curry leaves fresh
- ☐ 1 inch ginger fresh grated
- ☐ 1 tablespoon ghee clarified butter
- ☐ 2 chile peppers green halved lengthwise
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 teaspoon ground turmeric

- ☐ 1 cup lentils split yellow moong dal
- ☐ 1 teaspoon mustard seed
- ☐ 2 chile peppers dried red
- ☐ 4 servings salt to taste
- ☐ 1 bunch pkt spinach fresh shredded
- ☐ 1 tablespoon vegetable oil
- ☐ 4 cups water

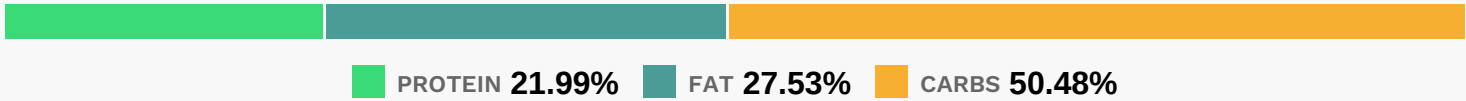
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Combine the water, lentils, spinach, green chile peppers, ginger, turmeric, and salt in a large pot over medium-high heat; bring to a boil and cook until the lentils are tender and the water is absorbed, about 20 minutes.
- ☐ Heat the oil and ghee together in small skillet; fry the curry leaves, red chile peppers, cumin seeds, mustard seed, and asafoetida powder in the mixture until the seeds begin to splutter. Stir the mixture into the lentil mixture.
- ☐ Sprinkle the ground red pepper over the mixture and cook another 5 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:28.4, Glycemic Load:3.97, Inflammation Score:-10, Nutrition Score:39.265652076058%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.37mg, Quercetin:

3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 270.1kcal (13.5%), Fat: 8.51g (13.1%), Saturated Fat: 3.04g (18.98%), Carbohydrates: 35.12g (11.71%), Net Carbohydrates: 17.36g (6.31%), Sugar: 2.34g (2.6%), Cholesterol: 9.6mg (3.2%), Sodium: 352.44mg (15.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.3g (30.6%), Vitamin K: 419.88µg (399.89%), Vitamin A: 8223.35IU (164.47%), Folate: 573.17µg (143.29%), Vitamin B3: 19.26mg (96.31%), Manganese: 1.53mg (76.37%), Vitamin C: 59.33mg (71.92%), Fiber: 17.76g (71.05%), Iron: 6.63mg (36.86%), Magnesium: 135.67mg (33.92%), Vitamin B1: 0.5mg (33.18%), Potassium: 978.47mg (27.96%), Phosphorus: 270.62mg (27.06%), Vitamin B6: 0.45mg (22.55%), Copper: 0.42mg (20.86%), Zinc: 2.88mg (19.22%), Vitamin B2: 0.27mg (16.15%), Vitamin E: 2.4mg (16.01%), Calcium: 134.51mg (13.45%), Vitamin B5: 1.09mg (10.94%), Selenium: 6.51µg (9.3%)