



## My Dal

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon peppercorns black
- 6 servings celery leaves for serving
- 1 cup coconut milk
- 6 servings rice cooked for serving
- 2 teaspoons coriander seeds
- 3 teaspoons cumin seeds
- 1 teaspoon fenugreek seeds
- 2 tablespoons garlic minced

- 1 cup mung dal split
- 5 chilies dried red
- 1 tablespoon salt
- 3 tablespoons shallots minced
- 2 teaspoons turmeric
- 2 tablespoons vegetable oil
- 5 cups water

## Equipment

- frying pan
- pot

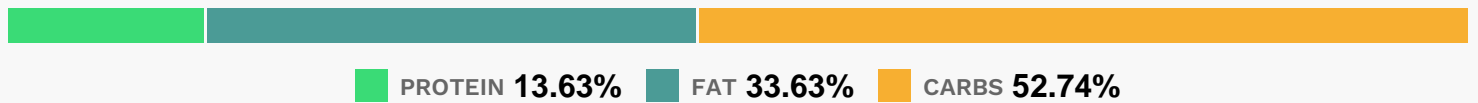
## Directions

- Put the split mung dal, turmeric, water and salt into a pot large enough to hold them and bring it to a boil. Reduce the heat to medium and simmer about 40 minutes. The dal should become somewhat soft and porridge-like. Set aside.
- Place the coriander seeds, cumin seeds, fenugreek seeds, peppercorns and chilies in a dry saute pan and toast them until they become quite fragrant. After allowing the spices to cool, grind them in a spice or coffee grinder until fine.
- Place the oil in a saute pan and add the garlic and shallots. Cook over high heat until softened and just beginning to brown.
- Add the coconut milk and bring to a boil.
- Add the ground spices and cook for 1 minute.
- Add the mixture to the cooked dal and simmer for about 10 minutes over low heat. Taste for seasoning, adding more salt if needed.
- Serve with rice and celery leaves.
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## Nutrition Facts



## Properties

Glycemic Index:62.88, Glycemic Load:31.97, Inflammation Score:-10, Nutrition Score:8.227391242981%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 358.15kcal (17.91%), Fat: 13.64g (20.98%), Saturated Fat: 7.95g (49.67%), Carbohydrates: 48.12g (16.04%), Net Carbohydrates: 43.25g (15.73%), Sugar: 1.36g (1.51%), Cholesterol: 0mg (0%), Sodium: 1193.28mg (51.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.88%), Manganese: 0.93mg (46.44%), Iron: 4.09mg (22.71%), Fiber: 4.87g (19.5%), Copper: 0.22mg (11.05%), Magnesium: 40.68mg (10.17%), Vitamin K: 10.51µg (10.01%), Selenium: 6.72µg (9.6%), Phosphorus: 90.75mg (9.07%), Vitamin B6: 0.16mg (8.05%), Calcium: 61.59mg (6.16%), Potassium: 206.58mg (5.9%), Zinc: 0.81mg (5.41%), Vitamin B5: 0.41mg (4.13%), Vitamin A: 199.05IU (3.98%), Vitamin B3: 0.74mg (3.69%), Vitamin E: 0.48mg (3.23%), Vitamin B1: 0.04mg (2.99%), Folate: 10.86µg (2.72%), Vitamin C: 2.18mg (2.64%), Vitamin B2: 0.03mg (1.78%)