

 **100%**
HEALTH SCORE

Okra and Lima Bean Masala

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



40 min.

SERVINGS



2

CALORIES



269 kcal

SIDE DISH

Ingredients

- 1 cup baby lima beans fresh
- 0.3 tsp chili powder red
- 0.5 tsp ground coriander
- 1 tsp garam masala homemade store-bought (or)
- 0.5 tsp amchur powder
- 1 pound okra
- 1 large onion sliced into thin wedges
- 2 servings salt to taste

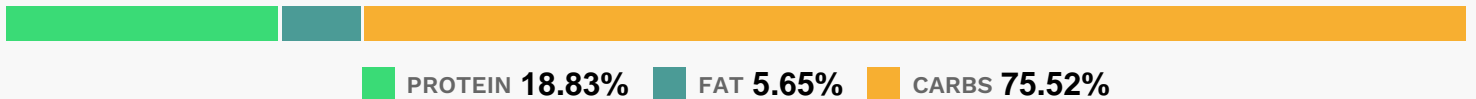
- 3 cups tomatoes ripe chopped
- 0.3 tsp turmeric
- 1.5 cups water
- 1 tsp cumin seeds whole

Equipment

Directions

- Add the cumin seeds and sauté one minute more.
- Add the mango powder, chilli powder, coriander, turmeric, and garam masala. Stir and cook 1 minute.
- Add the okra and cook for 2 more minutes.
- Add the tomatoes, lima beans, and water. Cover and simmer on low heat until limas are tender. If you're using frozen beans, this may be in as little as 20 minutes. Fresh beans take longer to cook, up to an hour. After the limas are tender, remove the cover, add salt if desired, and cook uncovered for 5 minutes.
- Serve hot over rice or other grain.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:6.94, Inflammation Score:-10, Nutrition Score:37.791304546854%

Flavonoids

Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 64.08mg, Quercetin: 64.08mg, Quercetin: 64.08mg, Quercetin: 64.08mg

Nutrients (% of daily need)

Calories: 268.52kcal (13.43%), Fat: 1.85g (2.85%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 55.71g (18.57%), Net Carbohydrates: 38.91g (14.15%), Sugar: 12.72g (14.13%), Cholesterol: 0mg (0%), Sodium: 283.6mg (12.33%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 13.89g (27.78%), Manganese: 2.79mg (139.28%), Vitamin C: 95.39mg (115.62%), Vitamin K: 89.39µg (85.14%), Vitamin A: 3755.5IU (75.11%), Fiber: 16.8g (67.19%), Magnesium: 210.5mg (52.62%), Folate: 207.12µg (51.78%), Potassium: 1726mg (49.31%), Vitamin B6: 0.9mg (45.21%), Vitamin B1: 0.67mg (44.88%), Phosphorus: 307.85mg (30.78%), Copper: 0.56mg (28.02%), Calcium: 274.3mg (27.43%), Iron: 4.92mg (27.35%), Vitamin B3: 4.63mg (23.16%), Zinc: 2.46mg (16.37%), Vitamin B2: 0.27mg (15.81%), Vitamin E: 2.01mg (13.38%), Vitamin B5: 1mg (10.03%), Selenium: 3.94µg (5.63%)