



Rajma (Kidney Bean Curry)

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

Ingredients

- 0.3 cup cilantro leaves chopped
- 1 teaspoon cumin seeds
- 2 inch ginger root fresh chopped
- 2 teaspoons garam masala
- 4 cloves garlic chopped
- 2 teaspoons ghee (clarified butter)
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin

- 1 teaspoon ground pepper red
- 1 teaspoon ground turmeric
- 2 cups kidney beans dry red
- 1 large onion chopped
- 2 chile peppers dried red
- 8 servings salt to taste
- 2 tomatoes chopped
- 2 tablespoons vegetable oil
- 2 cups water
- 1 teaspoon sugar white

Equipment

- mortar and pestle
- pressure cooker

Directions

- Place the kidney beans into a large container and cover with several inches of cool water; let stand 8 hours or overnight.
- Drain and rinse.
- Grind the onion, ginger, and garlic into a paste using a mortar and pestle.
- Heat the oil and ghee together in a pressure cooker over medium heat. Fry the red chile peppers, cumin seeds, and whole cloves in the hot oil until the cumin seeds begin to splutter; stir the onion paste into the mixture and cook, stirring frequently, until golden brown. Season with the ground turmeric, ground cumin, and ground coriander; continue cooking for a few more seconds before adding the tomatoes. Cook until the tomatoes are completely tender.
- Add the drained kidney beans to the pressure cooker with enough water to cover; pour the 2 cups water additionally to the cooker.
- Add the sugar and salt. Close the pressure cooker and bring to 15 pounds of pressure; cook about 40 minutes. Lower the heat to low and cook another 10 to 15 minutes. Release the pressure and open the cooker. Stir the garam masala and ground red pepper into the bean mixture; garnish with chopped cilantro to serve.

Nutrition Facts

PROTEIN 14.83% FAT 37.12% CARBS 48.05%

Properties

Glycemic Index:36.3, Glycemic Load:3.4, Inflammation Score:-9, Nutrition Score:6.9908696050229%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg

Nutrients (% of daily need)

Calories: 122.62kcal (6.13%), Fat: 5.26g (8.1%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 10.88g (3.96%), Sugar: 2.39g (2.66%), Cholesterol: 3.2mg (1.07%), Sodium: 202.22mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.46%), Fiber: 4.45g (17.8%), Manganese: 0.35mg (17.45%), Folate: 66.72µg (16.68%), Vitamin K: 14.45µg (13.76%), Iron: 1.97mg (10.97%), Potassium: 320.3mg (9.15%), Vitamin C: 7.21mg (8.74%), Vitamin A: 433.88IU (8.68%), Phosphorus: 83.9mg (8.39%), Copper: 0.16mg (8.06%), Magnesium: 30.65mg (7.66%), Vitamin B6: 0.14mg (6.81%), Vitamin B1: 0.1mg (6.64%), Zinc: 0.64mg (4.29%), Vitamin E: 0.58mg (3.88%), Calcium: 32.32mg (3.23%), Vitamin B3: 0.56mg (2.82%), Vitamin B2: 0.05mg (2.73%), Vitamin B5: 0.16mg (1.64%), Selenium: 0.99µg (1.41%)