



Rice and Lentils with Curry Leaves and Ginger (Ven Pongal)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon peppercorns black
- ☐ 0.3 teaspoon canola oil
- ☐ 1 tablespoon ghee
- ☐ 2 teaspoons cumin seeds
- ☐ 12 medium curry leaves fresh
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 2 tablespoons julienne- ginger fresh peeled 1-inch

- ☐ 0.5 teaspoon ground turmeric
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.5 cup lentils dried red
- ☐ 1 cup rice long-grain
- ☐ 4 cups water

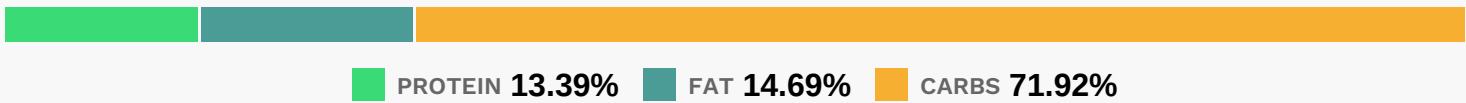
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ mortar and pestle

Directions

- ☐ Heat oil in a small saucepan over medium-high heat.
- ☐ Add cumin seeds and peppercorns to pan. Cook 30 seconds or until cumin turns reddish brown, stirring constantly.
- ☐ Transfer to a mortar; let cool. Crush cumin mixture with a pestle until coarsely ground.
- ☐ Rinse lentils in a sieve under cold running water until water runs clear.
- ☐ Combine lentils, 4 cups water, and rice in a large saucepan; bring to a boil. Stir in cumin mixture, salt, and turmeric; cook 5 minutes, stirring occasionally. Cover, reduce heat to low, and cook 10 minutes, stirring once.
- ☐ Remove from heat and let stand, covered, 10 minutes. Stir in cilantro and remaining ingredients.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.85, Glycemic Load:12.12, Inflammation Score:-8, Nutrition Score:13.414782679599%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 150.32kcal (7.52%), Fat: 2.43g (3.75%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 26.82g (8.94%), Net Carbohydrates: 22.55g (8.2%), Sugar: 0.32g (0.36%), Cholesterol: 4.8mg (1.6%), Sodium: 227.3mg (9.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.99%), Vitamin B3: 17.99mg (89.93%), Folate: 236.27µg (59.07%), Vitamin C: 30.82mg (37.36%), Manganese: 0.52mg (25.78%), Fiber: 4.28g (17.1%), Iron: 1.55mg (8.64%), Phosphorus: 85.68mg (8.57%), Vitamin B1: 0.13mg (8.42%), Copper: 0.15mg (7.52%), Selenium: 4.56µg (6.52%), Magnesium: 25.83mg (6.46%), Zinc: 0.88mg (5.89%), Vitamin B6: 0.11mg (5.61%), Vitamin B5: 0.51mg (5.05%), Potassium: 170.51mg (4.87%), Calcium: 31.04mg (3.1%), Vitamin K: 3.21µg (3.06%), Vitamin B2: 0.04mg (2.5%), Vitamin A: 104.48IU (2.09%)