

Roasted Mung Bean Purée



Vegetarian



Gluten Free



Low Fod Map

READY IN



1500 min.

SERVINGS



4

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings rice cooked
- 4 bay leaves (not California)
- 1 teaspoon cumin seeds
- 1 tablespoon ginger fresh peeled finely chopped
- 1 tablespoon ghee
- 1 cup squirrels – skinned split yellow
- 0.8 teaspoon salt
- 0.5 teaspoon sugar

- 8 inch thai chile fresh green hot
- 3 cups water

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- sieve
- wok

Directions

- Dry-roast dal in wok over moderately high heat, stirring constantly, 3 minutes. Reduce heat to moderately low and continue to dry-roast, stirring constantly, until dal turns medium brown and gives off a nutty aroma, about 6 minutes.
- Rinse dal in several changes of water in a large bowl (hot beans will cause steam) to remove any impurities, then drain in a sieve.
- Bring 3 cups water to a boil in a 3-quart heavy saucepan.
- Add dal and return water to a boil, then reduce heat and simmer, covered, stirring occasionally, until dal is soft, 35 to 40 minutes. Pulse dal with salt and sugar in a food processor until blended, adding enough of remaining cup water to make a soupy purée.
- Cut a 1-inch slit lengthwise in middle of each chile.
- Heat ghee with cumin seeds and bay leaves in wok or a large heavy skillet over high heat until seeds begin to sputter and release their aroma, 15 to 30 seconds.
- Add chiles and ginger and cook, stirring, 1 minute.
- Pour in dal carefully (mixture will spatter) and bring to a boil, stirring, then immediately remove from heat. (Do not eat bay leaves. Chiles can be eaten but are very hot.)
- * Available at Indian markets and Kalustyan's (212-685-3451).

Nutrition Facts



■ PROTEIN 17.14% ■ FAT 10.92% ■ CARBS 71.94%

Properties

Glycemic Index:47.13, Glycemic Load:32.22, Inflammation Score:-2, Nutrition Score:6.2021739094154%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 388.33kcal (19.42%), Fat: 4.68g (7.2%), Saturated Fat: 2.42g (15.12%), Carbohydrates: 69.36g (23.12%), Net Carbohydrates: 63.57g (23.12%), Sugar: 1.85g (2.06%), Cholesterol: 9.6mg (3.2%), Sodium: 463.72mg (20.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.52g (33.04%), Manganese: 0.54mg (27.13%), Fiber: 5.79g (23.14%), Vitamin C: 12.49mg (15.14%), Iron: 2.62mg (14.55%), Selenium: 7.02µg (10.02%), Copper: 0.15mg (7.38%), Phosphorus: 58.44mg (5.84%), Vitamin B6: 0.1mg (4.81%), Vitamin B5: 0.47mg (4.73%), Calcium: 45.16mg (4.52%), Magnesium: 17.26mg (4.31%), Vitamin B3: 0.82mg (4.11%), Zinc: 0.57mg (3.79%), Vitamin A: 172.39IU (3.45%), Vitamin B1: 0.04mg (2.69%), Potassium: 87mg (2.49%), Vitamin B2: 0.03mg (1.76%), Folate: 5.27µg (1.32%)