



HEALTH SCORE

17%

## Sambar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



601 kcal

SIDE DISH

## Ingredients

- 0.3 teaspoon asafetida
- 1.5 teaspoons coriander seeds
- 1 teaspoon cumin seeds
- 1 bell pepper green sliced
- 1 teaspoon chana dal yellow (chana dal)
- 1 teaspoon mustard seeds
- 2 chilies dried red
- 0.5 cup tamarind pulp

- 1 tomatoes chopped
- 1 tablespoon coconut flakes unsweetened flaked
- 1 tablespoon coconut flakes unsweetened flaked
- 2 teaspoons vegetable oil
- 0.5 cup water
- 1 cup peas split yellow (tuvar dal)
- 1 cup peas split yellow (tuvar dal)
- 1 cup peas split yellow (tuvar dal)

## Equipment

- food processor
- frying pan
- sauce pan
- mortar and pestle

## Directions

- Place yellow split peas in a saucepan with 2 cups water and bring to a boil. Reduce heat to medium-low, and cook until soft, about 15 minutes. In another saucepan, mix together the tamarind pulp stir in 1/2 cup water to make a watery juice. Bring to a boil over medium-high heat.
- Add the bell pepper and tomato to the tamarind juice, and continue to boil until the vegetables are soft, and the liquid has reduced to almost half.
- Meanwhile, grind the coriander seeds, yellow lentils, coconut and chilies to a paste using a mortar and pestle or food processor.
- Add this paste to the tamarind sauce, then stir in the yellow lentils until everything is well blended. Bring to a boil once again, then remove from the heat and set aside.
- Heat oil in a small skillet over medium heat, and add the mustard seed, cumin seed, and asafoetida powder. Once the mustard seeds start to sputter and the mixture is fragrant, remove from heat and stir into sambar.
- Serve hot.

## Nutrition Facts

PROTEIN 24.36% FAT 9.19% CARBS 66.45%

## Properties

Glycemic Index:29.5, Glycemic Load:6.01, Inflammation Score:-7, Nutrition Score:38.105217391304%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

## Nutrients (% of daily need)

Calories: 601.11kcal (30.06%), Fat: 6.37g (9.8%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 103.67g (34.56%), Net Carbohydrates: 63.07g (22.94%), Sugar: 19.55g (21.72%), Cholesterol: 0mg (0%), Sodium: 32.69mg (1.42%), Protein: 38.01g (76.02%), Fiber: 40.59g (162.38%), Manganese: 2.27mg (113.32%), Folate: 416.17µg (104.04%), Vitamin B1: 1.18mg (78.54%), Copper: 1.37mg (68.62%), Phosphorus: 588.51mg (58.85%), Magnesium: 200.09mg (50.02%), Potassium: 1711.62mg (48.9%), Iron: 7.85mg (43.6%), Vitamin C: 31.71mg (38.44%), Zinc: 4.72mg (31.45%), Vitamin K: 30.99µg (29.52%), Vitamin B5: 2.7mg (27.04%), Vitamin B3: 5mg (24.99%), Vitamin B2: 0.37mg (21.53%), Vitamin B6: 0.37mg (18.67%), Vitamin A: 664IU (13.28%), Calcium: 115.23mg (11.52%), Selenium: 4.83µg (6.89%), Vitamin E: 0.68mg (4.56%)