



Sambar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g lentils red yellow
- ☐ 0.5 tsp turmeric
- ☐ 1 tbsp tamarind paste
- ☐ 2 tbsp vegetable oil
- ☐ 2 small shallots finely chopped
- ☐ 0.5 tsp asafetida
- ☐ 0.5 tsp ground fenugreek
- ☐ 0.5 tsp mustard seeds shopping list black

- ☐ 10 curry leaves
- ☐ 7 small chillies dried red
- ☐ 140 g green beans trimmed cut in half

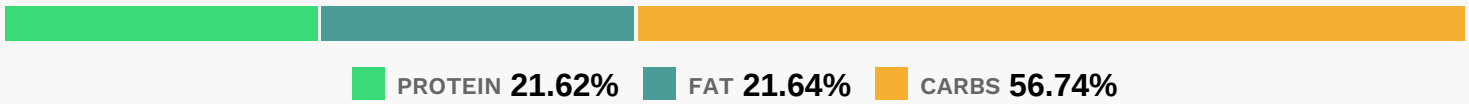
Equipment

- ☐ frying pan

Directions

- ☐ Place the lentils in a large pan with 400ml water.
- ☐ Add turmeric and tamarind and boil for 25–30 mins until very soft.
- ☐ Meanwhile, heat the oil in a frying pan and gently fry the shallots for 8–10 mins. When softened, add the spices, curry leaves, chillies and a good pinch of salt. Cook for another 2 mins, until fragrant.
- ☐ Boil another pan of salted water and cook the beans for 4 mins until tender, then drain well.
- ☐ Once the lentils are cooked, add the shallot spice mix and the beans, stir well and add more seasoning if necessary.

Nutrition Facts



Properties

Glycemic Index:42.65, Glycemic Load:7.24, Inflammation Score:-10, Nutrition Score:30.870434574459%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 318.92kcal (15.95%), Fat: 7.82g (12.02%), Saturated Fat: 1.21g (7.54%), Carbohydrates: 46.12g (15.37%), Net Carbohydrates: 24.94g (9.07%), Sugar: 5.35g (5.94%), Cholesterol: 0mg (0%), Sodium: 9.85mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.57g (35.15%), Vitamin B3: 30.85mg (154.26%), Folate: 610.78µg

(152.69%), Fiber: 21.19g (84.74%), Vitamin C: 58.59mg (71.02%), Manganese: 1.02mg (50.99%), Vitamin B1: 0.61mg (40.33%), Iron: 5.75mg (31.93%), Phosphorus: 313.84mg (31.38%), Vitamin K: 31.95µg (30.43%), Magnesium: 95.32mg (23.83%), Vitamin B6: 0.45mg (22.47%), Potassium: 768.01mg (21.94%), Zinc: 3.18mg (21.21%), Copper: 0.38mg (18.8%), Vitamin B5: 1.47mg (14.69%), Vitamin A: 594.78IU (11.9%), Vitamin B2: 0.19mg (11.38%), Selenium: 6.21µg (8.88%), Vitamin E: 1.07mg (7.12%), Calcium: 69.8mg (6.98%)