



WHATSheATE

Savory Semolina



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



311 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon mustard seeds black
- ☐ 12 cherry tomatoes halved
- ☐ 0.3 cup ghee
- ☐ 2 teaspoons coarse kosher salt
- ☐ 0.5 teaspoon cumin seeds
- ☐ 2 teaspoons curry leaves fresh finely chopped (12 leaves)
- ☐ 1.5 cups farina such as rani or ajika brands; 9 ounces)* (pasta flour)
- ☐ 2 teaspoons ginger fresh minced peeled

- ☐ 2 small garlic cloves minced
- ☐ 1 cup peas fresh green
- ☐ 0.3 cup cashew pieces raw chopped
- ☐ 1 small serrano chile minced
- ☐ 4 cups water

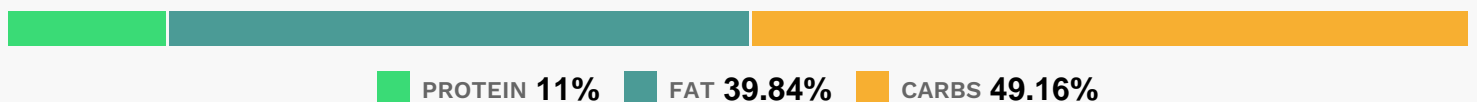
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring 4 cups water to boil in heavy large saucepan over medium-high heat.
- ☐ Add salt. Gradually whisk in semolina. Boil until thick, whisking often, about 3 minutes.
- ☐ Remove from heat.
- ☐ Heat butter in heavy medium skillet over medium-high heat.
- ☐ Add garlic, ginger, curry leaves, chile, mustard seeds, and cumin seeds; sauté until aromatic, about 1 minute.
- ☐ Add tomatoes, peas, and cashews. Sauté mixture until cashews begin to color, about 2 minutes. Stir mixture into semolina. Season with salt and pepper. Rewarm, if necessary.
- ☐ *Semolina flour is available at some supermarkets and at specialty foods stores and Italian markets. Farina can be ordered from amazon.com.
- ☐ **Also known as kari patta; available at Indian markets.
- ☐ ***Sold at specialty foods stores, Indian and Asian markets, and adrianascaravan.com. If unavailable, substitute brown mustard seeds.

Nutrition Facts



Properties

Glycemic Index:28.92, Glycemic Load:17.16, Inflammation Score:-9, Nutrition Score:24.610869563144%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 311.41kcal (15.57%), Fat: 13.91g (21.41%), Saturated Fat: 6.85g (42.8%), Carbohydrates: 38.63g (12.88%), Net Carbohydrates: 34.89g (12.69%), Sugar: 2.74g (3.04%), Cholesterol: 25.6mg (8.53%), Sodium: 790.18mg (34.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.65g (17.29%), Vitamin B3: 41.13mg (205.62%), Folate: 486.04µg (121.51%), Vitamin C: 84.02mg (101.84%), Selenium: 40.78µg (58.26%), Vitamin B1: 0.46mg (30.44%), Manganese: 0.56mg (27.79%), Iron: 3.1mg (17.25%), Copper: 0.34mg (17.13%), Vitamin B2: 0.29mg (17.11%), Fiber: 3.74g (14.98%), Phosphorus: 143.3mg (14.33%), Magnesium: 57.24mg (14.31%), Vitamin A: 487.08IU (9.74%), Vitamin K: 9.56µg (9.11%), Zinc: 1.28mg (8.52%), Vitamin B6: 0.16mg (8.1%), Potassium: 275.16mg (7.86%), Calcium: 43.33mg (4.33%), Vitamin B5: 0.39mg (3.88%), Vitamin E: 0.44mg (2.91%)