



Seasoned Dhal (Masala Dhal)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



201 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon brown mustard seeds
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.5 cup well-stirred coconut milk unsweetened canned
- ☐ 0.5 teaspoon cumin seeds
- ☐ 1 cup masoor dal (small orange, a.k.a. "red," lentils)
- ☐ 0.3 teaspoon ground turmeric
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.1 teaspoon pepper flakes red hot

- ☐ 1 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 3 cups water

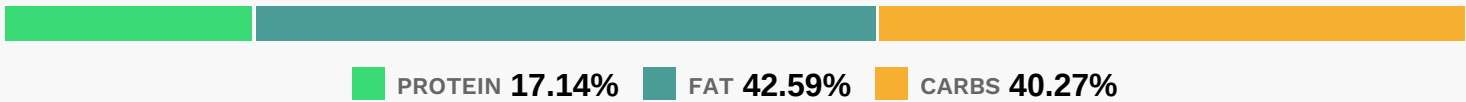
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring lentils and 3 cups water to a boil with turmeric in a 2-quart heavy saucepan, then gently simmer, partially covered, stirring occasionally, until falling apart, about 20 minutes.
- ☐ When lentils are cooked, heat oil in a small heavy skillet over medium-high heat until it shimmers, then cook mustard seeds, cumin seeds, and red pepper flakes until mustard seeds begin to pop and/or turn gray and cumin seeds brown, about 1 minute. Stir spice mixture into lentils with coconut milk, cilantro, lemon juice, and salt and bring to a simmer.
- ☐ •Indian ingredients can be mail-ordered from Kalustyans.com.•Lentils, without spice oil, coconut milk, cilantro, and lemon juice, can be made 1 day ahead. Reheat and add remaining ingredients before serving.

Nutrition Facts



Properties

Glycemic Index:11.1, Glycemic Load:2.34, Inflammation Score:-7, Nutrition Score:11.487391461497%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 200.63kcal (10.03%), Fat: 9.69g (14.91%), Saturated Fat: 4.97g (31.05%), Carbohydrates: 20.62g (6.87%), Net Carbohydrates: 10.35g (3.76%), Sugar: 1.38g (1.53%), Cholesterol: 0mg (0%), Sodium: 399.73mg (17.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.78g (17.56%), Fiber: 10.27g (41.1%), Folate: 157.3µg (39.33%), Manganese: 0.63mg (31.29%), Vitamin B1: 0.29mg (19.12%), Phosphorus: 166.02mg (16.6%), Iron: 2.91mg (16.17%), Magnesium: 48.77mg (12.19%), Copper: 0.24mg (12.13%), Vitamin K: 12.09µg (11.51%), Zinc: 1.69mg (11.3%), Potassium: 369.43mg (10.56%), Vitamin B6: 0.18mg (9.21%), Vitamin B5: 0.73mg (7.28%), Selenium: 3.94µg (5.63%), Vitamin B3: 1.01mg (5.06%), Vitamin B2: 0.07mg (4.12%), Vitamin E: 0.6mg (4.01%), Vitamin C: 2.83mg (3.43%), Calcium: 27.32mg (2.73%), Vitamin A: 72.04IU (1.44%)