



South Indian Lentil Cakes with Raita



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



374 kcal

Ingredients

- ☐ 0.3 cup rice
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 cup pea-mond dressing chopped
- ☐ 0.3 cup cucumber peeled seeded finely chopped
- ☐ 0.3 teaspoon cumin seeds
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger fresh peeled chopped
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 1 head garlic

- ☐ 1 garlic clove minced
- ☐ 0.5 jalapeno minced seeded
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup legumes mixed dried whole (such as lentils and mung beans)
- ☐ 0.5 teaspoon juice of lemon fresh ()
- ☐ 1 cup yogurt plain low-fat
- ☐ 4 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 0.5 cup peas chopped (from 8 ounces peas in pods)
- ☐ 0.3 cup spring onion chopped

Equipment

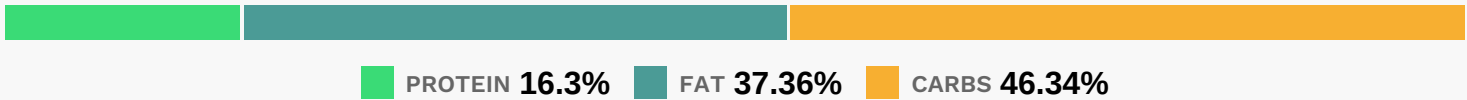
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 450°F.
- ☐ Cut top 1/2" offhead of garlic; discard.
- ☐ Place garlic on asheet of foil.
- ☐ Drizzle with oil; sprinkle withsalt and pepper. Wrap in foil. Roast untiltender, about 45 minutes.
- ☐ Let cool. Squeezeclaves from skins, keeping cloves intact.
- ☐ Stir cumin in a small dry skillet overmedium heat until deep brown, 2-3 minutes.
- ☐ Let cool. Finely grind in a spice mill.
- ☐ Mix yogurt, cucumber, cilantro, mint,jalapeno, and 1/2 teaspoon lemon juice in a mediumbowl. Stir in cumin. Season with salt,pepper, and more lemon juice, if desired.
- ☐ Rinse legumes; place in amedium bowl with rice.
- ☐ Add water to coverby 3".

- ☐ Let legumes and rice soak at roomtemperature for 3–5 hours.
- ☐ Drain legumes and rice; transfer to a foodprocessor.
- ☐ Add garlic, ginger, and jalapeño.Process until grainy paste forms (add 1–2tablespoons water if necessary).
- ☐ Transfer to a largebowl; mix in tendrils and next 6 ingredients.
- ☐ Heat 1 tablespoon oil in a large nonstick skilletover medium–high heat. Spoon 4 scant1/4–cupfuls of batter into skillet, flatteningwith the back of a measuring cup into1/4"–thick cakes. Reduce heat to medium;sauté until golden brown and cookedthrough, adding 1 more tablespoon oil when cakesare flipped, about 4–5 minutes per side.Repeat with remaining oil and batter. Divideraita among plates; top with a roastedgarlic clove.
- ☐ Place 2 cakes on each plate.
- ☐ calories, 19 grams fat, 35 grams carbohydrate
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:98.53, Glycemic Load:11.46, Inflammation Score:-8, Nutrition Score:20.984347737354%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Eriodictyol: 1.19mg, Eriodictyol: 1.19mg, Eriodictyol: 1.19mg, Eriodictyol: 1.19mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 374kcal (18.7%), Fat: 15.74g (24.22%), Saturated Fat: 2.71g (16.91%), Carbohydrates: 43.93g (14.64%), Net Carbohydrates: 31.72g (11.53%), Sugar: 7.71g (8.57%), Cholesterol: 3.67mg (1.23%), Sodium: 633.71mg (27.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.46g (30.92%), Folate: 234.88µg (58.72%), Manganese: 0.99mg (49.62%), Fiber: 12.21g (48.84%), Phosphorus: 317.61mg (31.76%), Vitamin K: 32.91µg (31.34%), Vitamin B1: 0.41mg (27.15%), Iron: 3.97mg (22.06%), Vitamin C: 16.64mg (20.17%), Magnesium: 80.64mg (20.16%), Vitamin B6: 0.37mg (18.66%), Potassium: 651.97mg (18.63%), Zinc: 2.79mg (18.61%), Copper: 0.36mg (18.21%), Calcium: 177.3mg

(17.73%), Vitamin E: 2.45mg (16.34%), Vitamin B2: 0.26mg (15.59%), Vitamin B5: 1.29mg (12.92%), Selenium: 8.36µg (11.94%), Vitamin A: 504.7IU (10.09%), Vitamin B3: 1.68mg (8.38%), Vitamin B12: 0.34µg (5.72%)