



WHATSheATE



Spicy Beet Greens Yogurt Sauce (Mor Kootu)



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



5

CALORIES



56 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 Bunch bunchs of kale with lot of greens)
- ☐ 2 Tablespoons chickpea flour/besan
- ☐ 0.3 cup coconut or grated
- ☐ 2 Teaspoons coconut oil
- ☐ 1.5 Teaspoons cumin
- ☐ 5 curry leaves
- ☐ 4 chillies green
- ☐ 1 Teaspoon mustard seeds

- ☐ 0.5 Teaspoon turmeric powder
- ☐ 1.5 to 2 cups yogurt (Depending On The Consistency You Want)

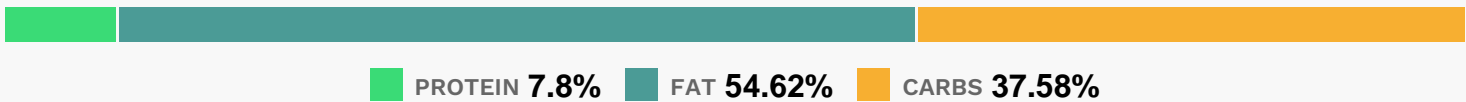
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ stove

Directions

- ☐ Finely chop the beet greens, both the leaves as well as the stems.
- ☐ Place it in a big bowl and fill it with water and let it stand for at least 5 minutes. By doing this any dirt/sand in the greens would settle down in the bottom of the vessel. Now remove the greens and rinse it in cold water again.I pressure cooked the beet leaves and beet stems together.
- ☐ Add water just enough to cover the greens and little salt too. I left it for 2 whistles.Now grind together the coconut, cumin, chillies, besan.
- ☐ Add little water if required.
- ☐ Mix this mixture with the yogurt and add enough water. This should be in the consistency of pancake batter or even thinner.In a saucepan add the cooked greens, salt and yogurt sauce.
- ☐ Remove the pan from the stove after the first boil.
- ☐ Add coconut oil in a small frying pan. Once it heats add mustard seeds and curry leaves. Once it splutters pour this in the kootu.

Nutrition Facts



Properties

Glycemic Index:24.4, Glycemic Load:0.91, Inflammation Score:-9, Nutrition Score:7.1469564316389%

Nutrients (% of daily need)

Calories: 55.59kcal (2.78%), Fat: 3.51g (5.4%), Saturated Fat: 2.56g (16.02%), Carbohydrates: 5.44g (1.81%), Net Carbohydrates: 3.35g (1.22%), Sugar: 1.85g (2.05%), Cholesterol: 0.04mg (0.01%), Sodium: 124.35mg (5.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin B3: 11.64mg (58.21%), Folate: 132.81µg (33.2%), Vitamin C: 24.65mg (29.88%), Fiber: 2.09g (8.36%), Manganese: 0.16mg (7.99%), Iron: 0.79mg (4.39%), Magnesium: 11.46mg (2.86%), Copper: 0.06mg (2.8%), Selenium: 1.95µg (2.79%), Phosphorus: 23.21mg (2.32%), Vitamin B1: 0.03mg (1.79%), Potassium: 61.81mg (1.77%), Calcium: 14.22mg (1.42%), Zinc: 0.21mg (1.37%), Vitamin B6: 0.03mg (1.29%), Vitamin A: 59.78IU (1.2%), Vitamin K: 1.18µg (1.13%)