



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)
- ☐ 5 servings as per taste salt

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:7.14999999484614%

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: 318.14mg (13.83%), 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 (8.02%), Iron: 0.79mg (4.4%), Magnesium: 11.46mg (2.87%), Copper: 0.06mg (2.8%), Selenium: 1.95µg (2.79%), Phosphorus: 23.21mg (2.32%), Vitamin B1: 0.03mg (1.79%), Potassium: 61.85mg (1.77%), Calcium: 14.34mg (1.43%), Zinc: 0.21mg (1.38%), Vitamin B6: 0.03mg (1.29%), Vitamin A: 59.78IU (1.2%), Vitamin K: 1.18µg (1.13%)