



Spicy Indian Tomato Shorba



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger fresh grated
- ☐ 1 teaspoon garam masala
- ☐ 2 teaspoons garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 tablespoons juice of lemon
- ☐ 1 cups coconut milk reduced-fat

- ☐ 0.5 cup onion red chopped
- ☐ 1 serrano chile seeded chopped
- ☐ 1 tablespoon sugar
- ☐ 3 tablespoons tomato paste
- ☐ 4.5 pounds tomatoes ripe
- ☐ 2 teaspoons vegetable oil

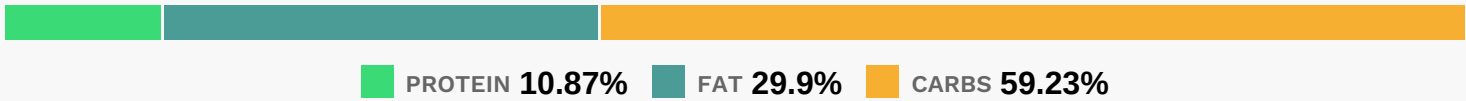
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ blender

Directions

- ☐ Dip tomatoes in a pan of boiling water until skins pull off easily with a knife tip, 15 seconds. Cool, peel, core, quarter, and seed.
- ☐ Warm oil in a frying pan over medium heat.
- ☐ Add spices and stir until fragrant, 1 minute. In a blender, pure onion, garlic, chile, ginger, 1 cup coconut milk, the tomato paste, and spice mixture.
- ☐ Add half of tomatoes and their juices and whirl until very smooth.
- ☐ Pour into a stainless steel bowl. Set aside 2 tomato pieces. Pure remaining tomatoes and stir into bowl with the lemon juice, sugar, and salt.
- ☐ Nest bowl in ice water; stir often until cold, 15 minutes. Stir in chopped cilantro and more coconut milk if you like. Chop reserved tomato.
- ☐ Garnish bowls with tomato and cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:43.68, Glycemic Load:5.84, Inflammation Score:-9, Nutrition Score:15.533478291138%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 2.38mg, Naringenin: 2.38mg, Naringenin: 2.38mg, Naringenin: 2.38mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 129.53kcal (6.48%), Fat: 4.62g (7.11%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 20.59g (6.86%), Net Carbohydrates: 15.7g (5.71%), Sugar: 12.72g (14.13%), Cholesterol: 0mg (0%), Sodium: 691.94mg (30.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.55%), Vitamin C: 52.54mg (63.69%), Vitamin A: 3060.05IU (61.2%), Vitamin K: 34.89µg (33.23%), Potassium: 941.81mg (26.91%), Manganese: 0.47mg (23.6%), Fiber: 4.89g (19.57%), Vitamin B6: 0.33mg (16.62%), Vitamin E: 2.37mg (15.81%), Folate: 56.9µg (14.22%), Copper: 0.25mg (12.6%), Vitamin B3: 2.36mg (11.78%), Magnesium: 45.47mg (11.37%), Phosphorus: 97.58mg (9.76%), Vitamin B1: 0.14mg (9.61%), Iron: 1.48mg (8.22%), Vitamin B2: 0.09mg (5.15%), Calcium: 46.94mg (4.69%), Zinc: 0.7mg (4.67%), Vitamin B5: 0.36mg (3.57%)