



Spinach and Tomato Dal (Indian Lentil Soup)

 Gluten Free  Dairy Free  Very Healthy

READY IN



110 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon cayenne pepper
- 1 teaspoon cumin seeds
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic minced
- 1 pinch ground turmeric
- 1 teaspoon mustard seeds
- 1 onion chopped
- 1 large plum tomatoes chopped

- 1 cup lentils red
- 1 teaspoon salt plus more for seasoning
- 1 bunch pkt spinach chopped
- 3 tablespoons vegetable oil
- 4 servings water as needed

Equipment

- sauce pan

Directions

- Bring lentils and 4 cups water to a boil in a saucepan. Stir in salt. Reduce heat to medium-low and cook at a simmer 10 minutes. Skim off any scum that forms and continue to simmer until the lentils are tender, about 1 hour.
- Heat the oil in a separate saucepan. Cook mustard seeds and cumin seeds in hot oil until they start to splatter, 2 to 3 minutes.
- Add onion, garlic, and turmeric to the seeds; cook and stir until the onion is soft, about 5 minutes. Stir spinach, tomato, and cayenne pepper into the onion mixture; cook until the spinach wilts and the tomato is tender, about 5 minutes.
- Stir the cooked lentils and cilantro into the spinach mixture; bring to a simmer and cook for 5 minutes. Adjust salt and water to taste and texture preferences.

Nutrition Facts



PROTEIN 19.69% **FAT 34.09%** **CARBS 46.22%**

Properties

Glycemic Index:57.65, Glycemic Load:4.58, Inflammation Score:-10, Nutrition Score:34.445217174032%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.62mg, Kaempferol: 5.62mg, Kaempferol: 5.62mg, Kaempferol: 5.62mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg

Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 294.66kcal (14.73%), Fat: 11.56g (17.79%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 35.27g (11.76%), Net Carbohydrates: 18.22g (6.62%), Sugar: 3.01g (3.34%), Cholesterol: 0mg (0%), Sodium: 85.6mg (3.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.02g (30.05%), Vitamin K: 443.95µg (422.81%), Vitamin A: 8316.85IU (166.34%), Folate: 393.13µg (98.28%), Manganese: 1.55mg (77.35%), Fiber: 17.05g (68.2%), Vitamin C: 31.08mg (37.67%), Iron: 6.73mg (37.36%), Magnesium: 137.87mg (34.47%), Vitamin B1: 0.49mg (32.89%), Potassium: 1027.83mg (29.37%), Phosphorus: 270.4mg (27.04%), Vitamin B6: 0.5mg (24.94%), Vitamin E: 3.25mg (21.67%), Copper: 0.43mg (21.33%), Zinc: 2.83mg (18.87%), Vitamin B2: 0.28mg (16.57%), Calcium: 154.45mg (15.45%), Vitamin B5: 1.1mg (10.98%), Vitamin B3: 2.07mg (10.36%), Selenium: 6.61µg (9.44%)