



Split Pea-Spinach Dal with Cauliflower

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bay leaves
- 1 tablespoon brown mustard seeds
- 1 tablespoon butter
- 2 cups cauliflower florets chopped
- 1 tablespoon cumin seeds
- 1.5 teaspoons ginger fresh minced peeled
- 2 garlic clove minced
- 0.1 teaspoon ground cloves

- 1.5 teaspoons ground coriander
- 0.5 teaspoon ground pepper red
- 1 teaspoon turmeric
- 1 cup onion chopped
- 1.5 teaspoons salt
- 4 cups pkt spinach
- 1 teaspoon vegetable oil
- 3.5 cups water divided
- 1 cup peas dried split yellow

Equipment

- frying pan
- sauce pan

Directions

- Combine 2 1/2 cups water, peas, and bay leaf in a large saucepan; bring to a boil. Reduce heat, and simmer, partially covered, 50 minutes or until tender.
- Add 1 cup water, cauliflower, and salt, and bring to a boil. Reduce heat, and simmer, uncovered, 20 minutes or until cauliflower is very tender, stirring occasionally.
- Remove from heat; discard bay leaf.
- Heat butter and oil in a small skillet over medium-high heat until butter melts.
- Add onion, ginger, and garlic; saut 3 minutes.
- Add cumin and next 5 ingredients (cumin through cloves); cook over low heat 2 minutes, stirring frequently.
- Add onion mixture to pea mixture. Simmer, uncovered, 15 minutes or until thick. Stir in spinach; cook 3 minutes or until spinach wilts.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:1.1, Inflammation Score:-10, Nutrition Score:20.085217551369%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg

Nutrients (% of daily need)

Calories: 169.62kcal (8.48%), Fat: 3.73g (5.74%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 26.28g (8.76%), Net Carbohydrates: 15.82g (5.75%), Sugar: 4.57g (5.08%), Cholesterol: 5.02mg (1.67%), Sodium: 637.49mg (27.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.04g (20.07%), Vitamin K: 108.5µg (103.34%), Manganese: 0.85mg (42.42%), Fiber: 10.45g (41.81%), Vitamin A: 2066.51IU (41.33%), Folate: 153.97µg (38.49%), Vitamin C: 25.02mg (30.32%), Vitamin B1: 0.3mg (19.76%), Copper: 0.38mg (18.95%), Magnesium: 70.7mg (17.67%), Potassium: 618.02mg (17.66%), Iron: 3.16mg (17.54%), Phosphorus: 165.87mg (16.59%), Vitamin B6: 0.22mg (10.95%), Zinc: 1.37mg (9.15%), Vitamin B5: 0.86mg (8.58%), Vitamin B2: 0.15mg (8.57%), Calcium: 73.28mg (7.33%), Vitamin B3: 1.41mg (7.05%), Vitamin E: 0.7mg (4.66%), Selenium: 2.14µg (3.06%)