



Sweet Potato Curry (Shakarai Urulikazhangu)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon asafetida (hing)
- ☐ 8 cilantro leaves fresh
- ☐ 1 teaspoon peppercorns black
- ☐ 0.5 cup pepper flakes dried
- ☐ 1 tablespoon coriander seeds
- ☐ 1 teaspoon cumin seeds
- ☐ 1 tablespoon tamarind pulp grated
- ☐ 0.8 teaspoon salt

- ☐ 2 tablespoons sesame seed
- ☐ 1 lb sweet potatoes and into peeled cut into 1/2-inch cubes
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup water
- ☐ 1 teaspoon mustard seeds black yellow
- ☐ 0.3 cup peas dried split yellow (chana dal)
- ☐ 2 tablespoons peas dried split yellow (chana dal)

Equipment

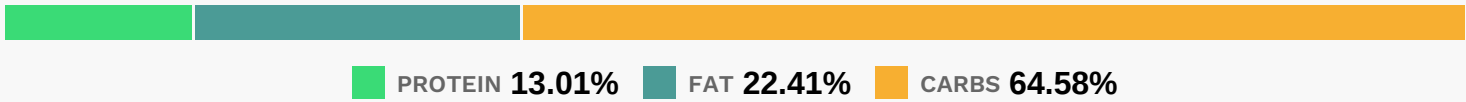
- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ In small bowl, mix all tangy sambhar powder ingredients.
- ☐ Heat 6-inch skillet over medium-high heat.
- ☐ Place mixture in skillet; cook 1 to 2 minutes, stirring constantly, until seeds crackle, spices turn 1 shade darker and the mixture has a nutty, pungent aroma.
- ☐ Transfer to a bowl; cool 8 to 10 minutes.
- ☐ Place 3 tablespoons mixture in spice grinder. Grind until mixture resembles texture of finely ground pepper. Repeat with remaining mixture. Store in airtight jar at room temperature for up to 1 month; beyond that, it will start to lose its full flavor. Makes about 1 cup spice blend; use 1 teaspoon for this recipe.
- ☐ To make curry, in wok or deep 12-inch skillet, heat oil and mustard seed over medium-high heat. Once seed begins to pop, cover wok and wait until popping stops.
- ☐ Add asafetida and 2 tablespoons split peas; cook and stir about 1 minute or until peas are golden brown.
- ☐ Add sweet potato, karhi leaves, salt and 1 teaspoon of the tangy sambhar powder; cook and stir 1 to 2 minutes.
- ☐ Stir in water.

Heat to boiling; reduce heat. Cover and simmer 5 to 7 minutes or until sweet potato is tender.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:13.69, Inflammation Score:-10, Nutrition Score:21.252174004264%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 248.27kcal (12.41%), Fat: 6.46g (9.93%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 41.86g (13.95%), Net Carbohydrates: 31.4g (11.42%), Sugar: 8.99g (9.99%), Cholesterol: 0mg (0%), Sodium: 509.58mg (22.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.87%), Vitamin A: 16580.05IU (331.6%), Manganese: 0.94mg (46.86%), Fiber: 10.46g (41.84%), Vitamin C: 31.62mg (38.33%), Copper: 0.58mg (29.17%), Vitamin K: 28.19µg (26.85%), Potassium: 746.37mg (21.32%), Magnesium: 85.17mg (21.29%), Vitamin B6: 0.42mg (20.76%), Vitamin B1: 0.31mg (20.66%), Folate: 79.18µg (19.8%), Iron: 3.26mg (18.13%), Phosphorus: 180.79mg (18.08%), Vitamin B5: 1.34mg (13.43%), Calcium: 114.52mg (11.45%), Zinc: 1.46mg (9.76%), Vitamin B2: 0.16mg (9.38%), Vitamin B3: 1.84mg (9.19%), Selenium: 4.53µg (6.48%), Vitamin E: 0.9mg (6.02%)