



Sweet Potato Curry (Shakarai Urulikazhangu)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



335 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup ground pepper dried
- ☐ 0.3 cup peas dried split yellow (chana dal)
- ☐ 2 tablespoons sesame seed
- ☐ 1 tablespoon tamarind pulp grated
- ☐ 1 tablespoon coriander seeds
- ☐ 1 teaspoon cumin seeds
- ☐ 1 teaspoon peppercorns black
- ☐ 1 tablespoon vegetable oil

- ☐ 1 teaspoon mustard seeds black yellow
- ☐ 0.3 teaspoon asafetida (hing)
- ☐ 2 tablespoons peas dried split yellow (chana dal)
- ☐ 1 lb sweet potatoes and into peeled cut into 1/2-inch cubes
- ☐ 8 cilantro leaves fresh
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup water

Equipment

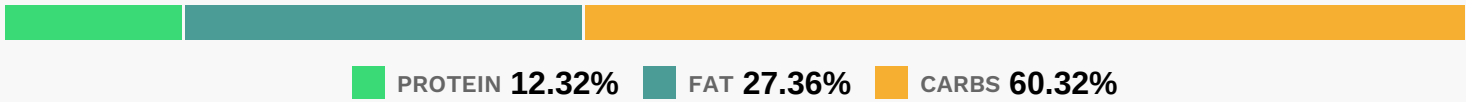
- ☐ bowl
- ☐ frying pan
- ☐ wok

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:64.75, Glycemic Load:15.86, Inflammation Score:-10, Nutrition Score:32.707826282667%

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: 334.82kcal (16.74%), Fat: 11.48g (17.66%), Saturated Fat: 1.88g (11.77%), Carbohydrates: 56.95g (18.98%), Net Carbohydrates: 38.73g (14.08%), Sugar: 11.05g (12.28%), Cholesterol: 0mg (0%), Sodium: 516.76mg (22.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.64g (23.27%), Vitamin A: 28707.09IU (574.14%), Manganese: 1.49mg (74.68%), Fiber: 18.22g (72.89%), Vitamin E: 9.6mg (63.97%), Vitamin B6: 1.04mg (52.24%), Vitamin K: 49.31µg (46.97%), Potassium: 1281.61mg (36.62%), Copper: 0.67mg (33.48%), Vitamin C: 27.27mg (33.06%), Magnesium: 125.81mg (31.45%), Iron: 5.38mg (29.87%), Folate: 106.22µg (26.55%), Vitamin B1: 0.39mg (26.23%), Phosphorus: 259.37mg (25.94%), Vitamin B2: 0.42mg (24.42%), Vitamin B3: 4.18mg (20.89%), Calcium: 155.66mg (15.57%), Zinc: 2.15mg (14.33%), Vitamin B5: 1.31mg (13.06%), Selenium: 7.04µg (10.06%)