



Sweet Potato Curry (Shakarai Urulikazhangu)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



206 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
- ☐ 2 tablespoons peas dried split yellow (chana dal)

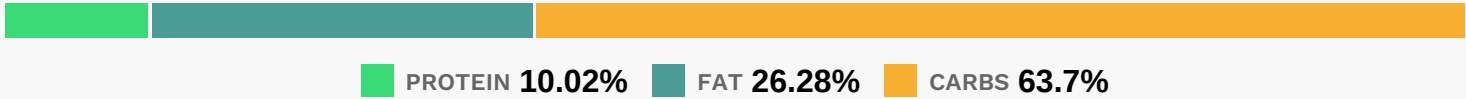
Equipment

- ☐ 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:18.320434984954%

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: 206.29kcal (10.31%), Fat: 6.31g (9.71%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 34.43g (11.48%), Net Carbohydrates: 27.1g (9.86%), Sugar: 8g (8.89%), Cholesterol: 0mg (0%), Sodium: 507.73mg (22.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.83%), Vitamin A: 16561.71IU (331.23%), Manganese: 0.77mg (38.29%), Vitamin C: 31.4mg (38.06%), Fiber: 7.32g (29.28%), Vitamin K: 26.41µg (25.15%), Copper: 0.48mg (23.84%), Vitamin B6: 0.39mg (19.69%), Potassium: 625.59mg (17.87%), Magnesium: 71.01mg (17.75%), Iron: 2.72mg (15.1%), Vitamin B1: 0.22mg (14.71%), Phosphorus: 135.72mg (13.57%), Folate: 45.45µg (11.36%), Vitamin B5: 1.13mg (11.27%), Calcium: 107.75mg (10.77%), Vitamin B2: 0.13mg (7.82%), Vitamin B3: 1.48mg (7.41%), Zinc: 1.09mg (7.29%), Selenium: 4.34µg (6.2%), Vitamin E: 0.89mg (5.94%)