



Sweet Potato with Toasted Coconut

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



200 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon brown mustard seeds
- 0.5 cup kidney beans canned rinsed drained
- 0.1 teaspoon ground pepper
- 10 curry leaves fresh
- 0.5 teaspoon garlic minced
- 1 small to 2 chilies slit fresh green such as serrano, thai, or jalapeño, slit lengthwise with stem end intact
- 0.5 teaspoon ground cumin
- 0.3 teaspoon turmeric

- 0.1 teaspoon pepper red hot
- 6 servings salt
- 3 medium sweet potatoes and into peeled cut into 1-inch pieces (5 cups) ()
- 0.5 cup coconut flakes dried unsweetened grated
- 2 tablespoons vegetable oil
- 2 cups water divided

Equipment

- frying pan
- sauce pan

Directions

- Bring sweet potatoes and 1 1/2 cups water to a boil with turmeric, cayenne, and 1 teaspoon salt in a 3-quart saucepan, then simmer, covered, until tender, 8 to 10 minutes.
- Meanwhile, toast coconut in a small heavy skillet over medium heat, stirring constantly, until very toasted (pale reddish-brown all over; be careful not to burn).
- Transfer to a plate.
- Break sweet potatoes up with the back of a spoon so that some chunks remain.
- Add toasted coconut, beans, garlic, cumin, chile, and remaining 1/2 cup water and simmer, stirring occasionally, 5 minutes. If mixture becomes too thick and begins to stick to bottom of saucepan, add more water.
- Heat oil in cleaned small heavy skillet over medium-high heat until it shimmers.
- Add mustard seeds, and cook until seeds begin to pop and/or turn gray.
- Add red pepper flakes and curry leaves (if using), covering skillet immediately and cooking just long enough for leaves to crackle. Stir spice mixture into sweet potato mixture (it will be very thick and chunky). Season with salt.
- Indian ingredients can be mail-ordered from Kalustyans.com.•Chile can be removed during cooking when erisheri is spicy enough for your taste.•Erisheri, without spiced oil, can be made 1 day ahead and chilled. Reheat before proceeding with recipe.

Nutrition Facts



■ PROTEIN 6.11% ■ FAT 40.53% ■ CARBS 53.36%

Properties

Glycemic Index:30.33, Glycemic Load:11.98, Inflammation Score:-10, Nutrition Score:20.217391293982%

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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 200.46kcal (10.02%), Fat: 9.28g (14.28%), Saturated Fat: 4.78g (29.9%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 21.82g (7.93%), Sugar: 5.78g (6.43%), Cholesterol: 0mg (0%), Sodium: 326.29mg (14.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.29%), Vitamin A: 16126.14IU (322.52%), Vitamin B3: 19.93mg (99.67%), Folate: 212.86µg (53.22%), Vitamin C: 37.31mg (45.23%), Manganese: 0.55mg (27.43%), Fiber: 5.69g (22.78%), Vitamin B6: 0.28mg (13.82%), Potassium: 465.46mg (13.3%), Copper: 0.27mg (13.28%), Vitamin K: 11.1µg (10.57%), Magnesium: 41.2mg (10.3%), Vitamin B5: 0.98mg (9.82%), Phosphorus: 85.57mg (8.56%), Vitamin B1: 0.11mg (7.38%), Iron: 1.28mg (7.11%), Vitamin B2: 0.09mg (5.26%), Calcium: 51.8mg (5.18%), Vitamin E: 0.74mg (4.91%), Zinc: 0.6mg (4%), Selenium: 2.23µg (3.18%)