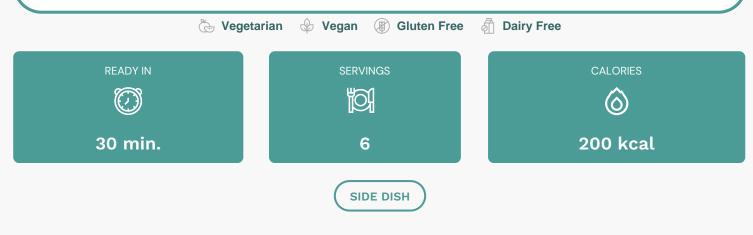


Sweet Potato with Toasted Coconut



Ingredients

U.5 teaspoon brown mustard seeds
0.5 cup kidney beans canned rinsed drained
O.1 teaspoon cayenne pepper
10 curry leaves fresh
O.5 teaspoon garlic minced
1 small chile fresh green such as serrano, thai, or jalapeño, slit lengthwise with stem end intact
O.5 teaspoon ground cumin
0.3 teaspoon ground turmeric

	O.1 teaspoon pepper flakes red hot	
	6 servings salt	
	3 medium sweet potatoes peeled cut into 1-inch pieces (5 cups) ()	
	0.5 cup coconut or dried unsweetened grated	
	2 tablespoons vegetable oil	
	2 cups water divided	
Equipment		
	frying pan	
	sauce pan	
Directions		
	Bring sweet potatoes and 11/2 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

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, Luteolin: 0.02mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 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: Omg (0%), Sodium: 326.29mg (14.19%), Alcohol: Og (100%), Alcohol %: O% (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%)