



Taj Tomato Casserole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



50 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 teaspoon cardamom seed crushed
- 0.5 teaspoon cumin seed
- 1 teaspoon curry powder
- 0.8 cup cilantro leaves fresh chopped
- 2 teaspoons ginger fresh minced
- 2 tablespoons optional: lemon finely chopped
- 0.3 cup juice of lemon
- 1 tablespoon mustard seed

- 0.5 lb onion peeled chopped
- 2 cans plum tomatoes whole peeled (1 lb., 12 oz. each)
- 1 tablespoon salad oil
- 8 servings salt
- 2 tablespoons sugar

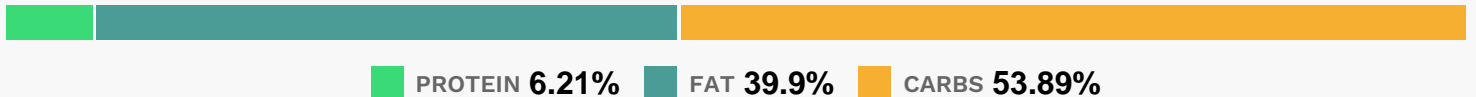
Equipment

- frying pan
- oven

Directions

- Drain tomatoes, reserving juice. Arrange tomatoes in a single layer in a shallow 9- or 10-inch square casserole. Measure 2 cups tomato juice; if less than 2 cups, add water. Reserve any extra juice for other uses.
- In a 10- to 12-inch frying pan, combine onion, oil, cardamom seed, cumin seed, ginger, mustard seed, and chopped lemon. Stir over high heat until onion is limp, 3 to 5 minutes. Stir in curry powder and add tomato juice, lemon juice, sugar, and 1/4 cup cilantro. Boil, stirring occasionally, until mixture is reduced to 3 cups, about 5 minutes.
- Pour over tomatoes in casserole.
- Bake in a 375 oven until sauce is slightly reduced and flavors are well blended, about 45 minutes (35 minutes in a convection oven). Baste tomatoes with juices and gently mix in remaining cilantro.
- Add salt to taste.
- Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:27.82, Glycemic Load:2.77, Inflammation Score:-3, Nutrition Score:2.5130434399066%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 2.13mg, Hesperetin: 2.13mg, Hesperetin: 2.13mg, Hesperetin: 2.13mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 50.26kcal (2.51%), Fat: 2.39g (3.68%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 6.33g (2.3%), Sugar: 4.61g (5.12%), Cholesterol: 0mg (0%), Sodium: 196.4mg (8.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin C: 7.61mg (9.23%), Vitamin K: 6.36µg (6.06%), Manganese: 0.1mg (5.22%), Selenium: 3.11µg (4.44%), Fiber: 0.94g (3.74%), Vitamin E: 0.5mg (3.32%), Folate: 10.97µg (2.74%), Vitamin B6: 0.05mg (2.63%), Magnesium: 10.48mg (2.62%), Phosphorus: 23.31mg (2.33%), Potassium: 81.52mg (2.33%), Iron: 0.41mg (2.27%), Vitamin A: 109.62IU (2.19%), Vitamin B1: 0.03mg (2.01%), Copper: 0.03mg (1.54%), Calcium: 15.34mg (1.53%), Zinc: 0.17mg (1.11%), Vitamin B2: 0.02mg (1.03%)