

Tomato Dal Soup



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



5

CALORIES



122 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon asafetida
- ☐ 1.5 teaspoons mustard seeds shopping list black
- ☐ 5 servings cilantro leaves fresh
- ☐ 5 tablespoons lentils split yellow (a variety of pigeon pea, usually described as as lentils)
- ☐ 2 tablespoons ginger fresh peeled finely chopped
- ☐ 1.5 tablespoons ghee
- ☐ 1 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin

- ☐ 1.5 pounds plum tomatoes seeded chopped
- ☐ 1 serrano chiles fresh red hot halved lengthwise
- ☐ 3 serrano chiles fresh green hot halved lengthwise
- ☐ 1 teaspoon tamarind paste
- ☐ 0.8 teaspoon turmeric
- ☐ 4 cups water

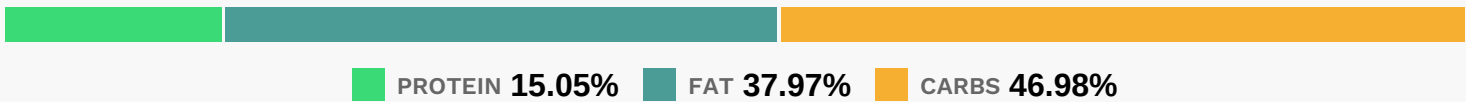
Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Wash dal in several changes of water until water runs clear and drain well in a sieve. Cook dal at a bare simmer in 1 1/2 cups water in a 3-quart saucepan until most of water is evaporated and dal has consistency of a paste, 40 to 45 minutes, stirring frequently during last 15 minutes to prevent scorching.
- ☐ Heat ghee in a 6-quart heavy saucepan over moderately high heat until hot but not smoking, then cook mustard seeds and red chile, stirring, until seeds begin to pop.
- ☐ Add 1 1/2 cups water and remaining ingredients (but not dal paste). Bring to a boil and simmer, stirring occasionally, until tomatoes are softened, 6 to 8 minutes.
- ☐ Add dal paste and remaining cup water, stirring to incorporate. Bring rasam to a boil, stirring occasionally, and season with salt.
- ☐ · Rasam may be made 2 days ahead and chilled, covered.
- ☐ Add water to thin, if necessary, before reheating.

Nutrition Facts



Properties

Glycemic Index:36.92, Glycemic Load:2.86, Inflammation Score:-10, Nutrition Score:10.417391258737%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 121.68kcal (6.08%), Fat: 5.42g (8.34%), Saturated Fat: 2.9g (18.14%), Carbohydrates: 15.1g (5.03%), Net Carbohydrates: 9.1g (3.31%), Sugar: 4.69g (5.21%), Cholesterol: 11.52mg (3.84%), Sodium: 19.17mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.67%), Vitamin C: 21.83mg (26.46%), Fiber: 5.99g (23.97%), Vitamin A: 1193.69IU (23.87%), Manganese: 0.42mg (21.1%), Folate: 81.2µg (20.3%), Potassium: 496.86mg (14.2%), Vitamin K: 12.42µg (11.83%), Vitamin B1: 0.17mg (11.64%), Vitamin B6: 0.21mg (10.7%), Magnesium: 41.31mg (10.33%), Phosphorus: 102.41mg (10.24%), Iron: 1.82mg (10.09%), Copper: 0.2mg (10.05%), Vitamin B3: 1.32mg (6.62%), Zinc: 0.95mg (6.32%), Vitamin E: 0.9mg (6.02%), Selenium: 3.07µg (4.39%), Vitamin B5: 0.4mg (4.03%), Vitamin B2: 0.06mg (3.73%), Calcium: 37.09mg (3.71%)