



## Tomato Onion Koora

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



125 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon asafoetida powder
- 2 tablespoons cooking oil
- 1 teaspoon cumin seeds
- 1 sprig curry leaves fresh
- 2 chile peppers green chopped
- 0.5 teaspoon ground turmeric
- 1 teaspoon mustard seeds
- 2 onions chopped

- 2 chile peppers dried red
- 0.5 teaspoon chili powder red
- 4 servings salt to taste
- 4 tomatoes chopped
- 0.5 cup water
- 1 teaspoon sugar white

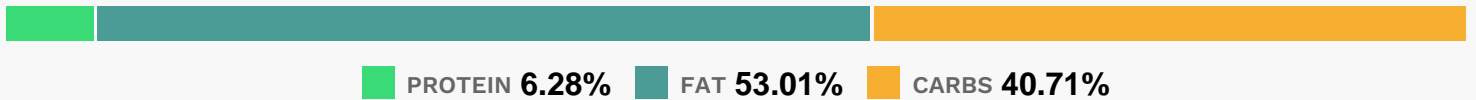
## Equipment

- frying pan

## Directions

- Heat the oil in a large skillet over medium heat; fry the red chile peppers, cumin seeds, and mustard seeds in the hot oil until the seeds begin to splutter, 2 to 3 minutes.
- Sprinkle the asafoetida powder over the seeds and add the curry leaves. Stir the onions, green chile peppers, and turmeric powder into the mixture; cook and stir until the onions are softened, 3 to 5 minutes.
- Add the tomatoes, red chili powder, sugar, and salt; continue cooking until the tomatoes are pulpy.
- Pour the water into the mixture; simmer until the curry begins to thicken, 5 to 10 minutes.
- Garnish with cilantro to serve.

## Nutrition Facts



## Properties

Glycemic Index:36.27, Glycemic Load:3.1, Inflammation Score:-10, Nutrition Score:10.495652203975%

## Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg

0.18mg, Myricetin: 0.18mg Quercetin: 11.88mg, Quercetin: 11.88mg, Quercetin: 11.88mg, Quercetin: 11.88mg

## **Nutrients (% of daily need)**

Calories: 124.73kcal (6.24%), Fat: 7.78g (11.97%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 9.9g (3.6%), Sugar: 7.51g (8.35%), Cholesterol: 0mg (0%), Sodium: 283.98mg (12.35%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.07g (4.15%), Vitamin C: 33.89mg (41.08%), Vitamin B3: 6.67mg (33.35%), Vitamin A: 1191.84IU (23.84%), Folate: 89.24µg (22.31%), Vitamin K: 15.6µg (14.86%), Manganese: 0.29mg (14.64%), Fiber: 3.54g (14.17%), Vitamin E: 2.07mg (13.79%), Potassium: 403.04mg (11.52%), Vitamin B6: 0.18mg (9.09%), Magnesium: 25.29mg (6.32%), Iron: 1.04mg (5.77%), Copper: 0.11mg (5.68%), Phosphorus: 56.28mg (5.63%), Vitamin B1: 0.08mg (5.44%), Calcium: 36.94mg (3.69%), Vitamin B2: 0.05mg (2.86%), Selenium: 1.95µg (2.79%), Zinc: 0.4mg (2.69%), Vitamin B5: 0.19mg (1.88%)