



Tomato Raita (Yogurt)



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



3

CALORIES



141 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



0.1 teaspoon asafoetida powder



1 tablespoon cilantro leaves chopped



1 chile pepper green chopped



1 teaspoon mustard seeds



1 teaspoon olive oil



2 cups yogurt plain



1 teaspoon salt



1 teaspoon bengal gram flour split (chana dal)

☐ 2 tomatoes chopped

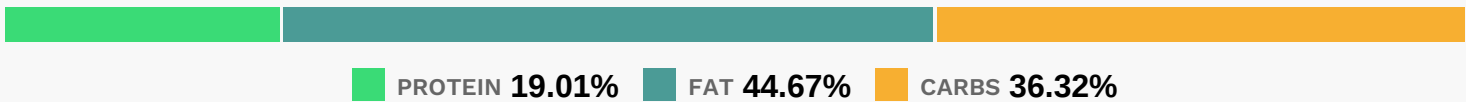
Equipment

☐ frying pan

Directions

- ☐ Heat the olive oil in a skillet over medium heat; fry the chana dal, mustard seeds, and asafoetida powder in the hot oil until the mustard seeds pop and the chana dal turns golden brown, 2 to 3 minutes. Stir the tomatoes and green chile pepper into the mixture; cook until the tomatoes are tender, about 7 minutes.
- ☐ Remove from heat and allow to cool for a few minutes; stir the yogurt and salt into the mixture.
- ☐ Garnish with cilantro to serve.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:2.28, Inflammation Score:-6, Nutrition Score:8.6852174064387%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 141.49kcal (7.07%), Fat: 7.24g (11.14%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 11.19g (4.07%), Sugar: 10.38g (11.54%), Cholesterol: 21.23mg (7.08%), Sodium: 904.6mg (39.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.86%), Calcium: 212.77mg (21.28%), Phosphorus: 183.29mg (18.33%), Vitamin A: 854.28IU (17.09%), Vitamin C: 13.98mg (16.94%), Vitamin B2: 0.25mg (14.73%), Potassium: 456.31mg (13.04%), Vitamin B12: 0.6µg (10.07%), Fiber: 2.05g (8.19%), Magnesium: 32.49mg (8.12%), Selenium: 5.69µg (8.12%), Zinc: 1.17mg (7.79%), Vitamin K: 8.1µg (7.71%), Vitamin B5: 0.72mg (7.17%), Manganese: 0.14mg (7.01%), Folate: 25.46µg (6.36%), Vitamin B6: 0.12mg (6.12%), Vitamin B1: 0.09mg (5.73%), Vitamin E: 0.79mg (5.26%), Copper: 0.07mg (3.54%), Vitamin B3: 0.66mg (3.3%), Iron: 0.5mg (2.77%), Vitamin D: 0.16µg (1.09%)