



Winter Greens Curry

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



300 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup firmly brown sugar dark packed
- 1.5 tablespoons cumin seeds
- 1 tablespoon ginger fresh chopped
- 2 tablespoons garlic minced
- 0.3 cup ghee
- 1.5 tbsp jalapeño chile minced
- 1 pound kale whole stemmed (from 3 lbs. bunch)
- 1 pound mustard greens whole stemmed (from 3 lbs. bunches)

- 1 tsp salt
- 1 tablespoon turmeric

Equipment

- pot
- wok
- tongs

Directions

- In a large, heavy pot or wok with a lid, melt ghee over medium heat. Meanwhile, chop greens roughly and rinse. "You can use just one or a combination of greens. And ghee gives the greens richness, but you can use any cooking oil instead."
- Sprinkle in cumin seeds, swirl pot to spread, and let sizzle 30 seconds.
- Stir in garlic and sizzle until pale golden, 10 to 20 seconds. Stir in chile and ginger; cook 30 seconds. "I brown the garlic for a toasty flavor, then add the moist ginger and chile to stop the toasting before it gets too dark."
- Add turmeric and salt and cook 1 minute. Stir in brown sugar.
- Cook until sugar dissolves, about 30 seconds.
- Add half of greens, increase heat to medium-high, and let wilt until reduced enough to add other half. Using tongs, stir greens well to coat with spice mixture.
- Cook, uncovered, stirring until greens are almost tender, 6 to 8 minutes. Cover and cook 1 minute more.
- Remove from heat and let sit, covered, 15 minutes.
- Serve with Tamarind Chickpea Curry and steamed basmati rice if you like.
- *Find ghee (clarified butter) at Indian markets. Or, for Dhalwala's recipe, see sunset.com/ghee.
- Variations: Instead of greens, try an equal amount of sliced brussels sprouts, thinly sliced broccoli stems, or cooked potatoes.

Nutrition Facts



PROTEIN 9.31% **FAT 39.8%** **CARBS 50.89%**

Properties

Glycemic Index:50.25, Glycemic Load:1.21, Inflammation Score:-10, Nutrition Score:30.548260933679%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 45.13mg, Isorhamnetin: 45.13mg, Isorhamnetin: 45.13mg, Isorhamnetin: 45.13mg Kaempferol: 96.51mg, Kaempferol: 96.51mg, Kaempferol: 96.51mg, Kaempferol: 96.51mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 35.94mg, Quercetin: 35.94mg, Quercetin: 35.94mg, Quercetin: 35.94mg

Nutrients (% of daily need)

Calories: 300.15kcal (15.01%), Fat: 14.4g (22.15%), Saturated Fat: 7.61g (47.54%), Carbohydrates: 41.43g (13.81%), Net Carbohydrates: 32.27g (11.73%), Sugar: 29.5g (32.77%), Cholesterol: 30.5mg (10.17%), Sodium: 768.6mg (33.42%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.58g (15.17%), Vitamin K: 737.28µg (702.17%), Vitamin A: 15201.75IU (304.03%), Vitamin C: 193.93mg (235.06%), Manganese: 1.05mg (52.74%), Calcium: 477.37mg (47.74%), Fiber: 9.16g (36.64%), Iron: 6.19mg (34.38%), Vitamin B2: 0.54mg (31.97%), Potassium: 991.84mg (28.34%), Vitamin B6: 0.5mg (24.99%), Vitamin E: 3.7mg (24.63%), Magnesium: 90.69mg (22.67%), Folate: 87.35µg (21.84%), Vitamin B1: 0.25mg (16.47%), Phosphorus: 156.74mg (15.67%), Copper: 0.31mg (15.46%), Vitamin B3: 2.59mg (12.94%), Zinc: 0.99mg (6.62%), Selenium: 3.31µg (4.73%), Vitamin B5: 0.44mg (4.38%)