



Zucchini Kootu



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



3

CALORIES



229 kcal

SIDE DISH

Ingredients

- ☐ 2 Tablespoons coconut or grated
- ☐ 1 Teaspoon cumin
- ☐ 3 servings little milk/water
- ☐ 1 Tablespoon oil
- ☐ 0.5 Teaspoon turmeric powder
- ☐ 1 Teaspoon urad daal
- ☐ 1 zucchini (cut into small cubes)

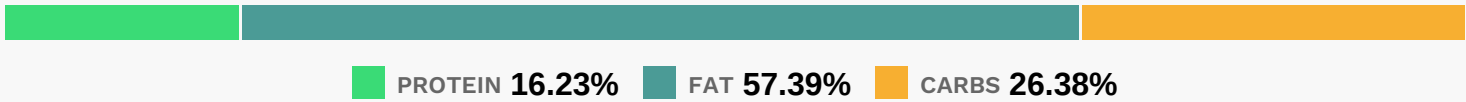
Equipment

☐ sauce pan

Directions

- ☐ Wash the rice like you always do, but instead of pouring it down the sink pour it in a sauce pan and add cubed zucchinis, tumeric powder and close the lid. When it is half cooked add the required amount of salt and let it cook for another couple of minutes. It should not become very mushy. Meanwhile grind all the ingredients together mentioned in the list and also do the tempering.
- ☐ Add the ground mixture and tempering to the zucchinis and let it boil for another 5 minutes.
- ☐ Garnish it with cilantro.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:4.56, Inflammation Score:-10, Nutrition Score:12.17043472373%

Flavonoids

Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 229.43kcal (11.47%), Fat: 15.03g (23.12%), Saturated Fat: 6.86g (42.9%), Carbohydrates: 15.55g (5.18%), Net Carbohydrates: 13.88g (5.05%), Sugar: 13.64g (15.16%), Cholesterol: 29.28mg (9.76%), Sodium: 100.53mg (4.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.12%), Calcium: 319.24mg (31.92%), Phosphorus: 282.35mg (28.24%), Vitamin B2: 0.4mg (23.79%), Vitamin B12: 1.32µg (21.96%), Vitamin D: 2.68µg (17.89%), Potassium: 574.96mg (16.43%), Vitamin C: 11.95mg (14.49%), Vitamin B6: 0.27mg (13.71%), Manganese: 0.27mg (13.26%), Magnesium: 47.12mg (11.78%), Vitamin B1: 0.17mg (11.52%), Vitamin B5: 1.07mg (10.7%), Vitamin A: 534.5IU (10.69%), Zinc: 1.32mg (8.82%), Selenium: 5.43µg (7.76%), Vitamin E: 1.06mg (7.1%), Fiber: 1.67g (6.66%), Vitamin K: 6.96µg (6.63%), Iron: 1.06mg (5.87%), Folate: 16.18µg (4.04%), Copper: 0.07mg (3.57%), Vitamin B3: 0.62mg (3.09%)