



Angrezi Bhutta (Corn and Tomato Curry)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 2 tablespoons cilantro leaves finely chopped
- ☐ 2 teaspoons curry powder
- ☐ 3 cups ears corn fresh (cut from approximately 3 ears of corn)
- ☐ 1 teaspoon kosher salt
- ☐ 1 small onion red finely chopped
- ☐ 1 large tomatoes cored finely chopped

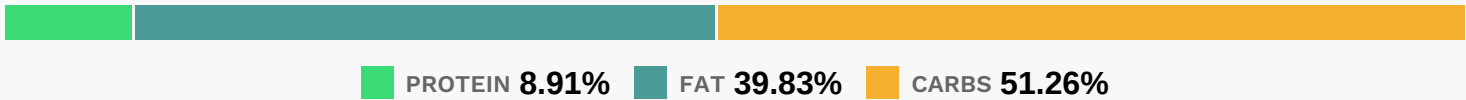
Equipment

☐ frying pan

Directions

- ☐ Pour the oil into a large skillet set over medium-high heat. Toss in the onion and stir-fry until lightly browned, about 5 minutes.
- ☐ Add the curry powder, and stir well. Cook until very fragrant, about 30 seconds.
- ☐ Add the chopped tomato. Cook until it is soft, about 3 minutes.
- ☐ Pour in a cup of water, and add the corn and salt. Stir well. Bring this mixture to a boil, and then reduce heat to medium-low and cover. Cook for about 10 minutes, stirring every other minute.
- ☐ Turn off the heat and add the cilantro. Stir and then serve.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.39, Inflammation Score:-8, Nutrition Score:11.66391297527%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg

Nutrients (% of daily need)

Calories: 237.19kcal (11.86%), Fat: 11.63g (17.9%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 33.68g (11.23%), Net Carbohydrates: 28.98g (10.54%), Sugar: 12.27g (13.63%), Cholesterol: 0mg (0%), Sodium: 802.23mg (34.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.71%), Vitamin C: 21.1mg (25.59%), Manganese: 0.41mg (20.66%), Folate: 79.19µg (19.8%), Fiber: 4.7g (18.81%), Vitamin B1: 0.27mg (17.84%), Potassium: 610.94mg (17.46%), Magnesium: 67.47mg (16.87%), Vitamin A: 808.38IU (16.17%), Phosphorus: 159.02mg (15.9%), Vitamin E: 2.37mg (15.8%), Vitamin B3: 3.02mg (15.09%), Vitamin K: 14.19µg (13.51%), Vitamin B6: 0.24mg (12.16%), Vitamin B5: 1.14mg (11.4%), Iron: 1.4mg (7.78%), Copper: 0.14mg (7.02%), Vitamin B2: 0.11mg (6.2%), Zinc: 0.89mg (5.93%), Calcium: 24.43mg (2.44%), Selenium: 1.29µg (1.84%)