



Cabbage with Sweet Potato In Coconut Milk



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



671 kcal

SIDE DISH

Ingredients

- ☐ 1 small cabbage shredded
- ☐ 1 can coconut milk
- ☐ 1 cup coconut or shredded
- ☐ 1 teaspoon curry powder
- ☐ 4 garlic cloves crushed
- ☐ 0.5 tablespoon ground cumin
- ☐ 4 juice of lime
- ☐ 1 cup onion finely chopped

- ☐ 2 cups peas frozen
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 4 servings salt and pepper
- ☐ 2 sweet potatoes diced peeled
- ☐ 1 tablespoon tomato paste
- ☐ 0.5 cup tomato sauce
- ☐ 1 cup vegetable broth
- ☐ 3 tablespoons vegetable oil
- ☐ 1 large potatoes diced white peeled

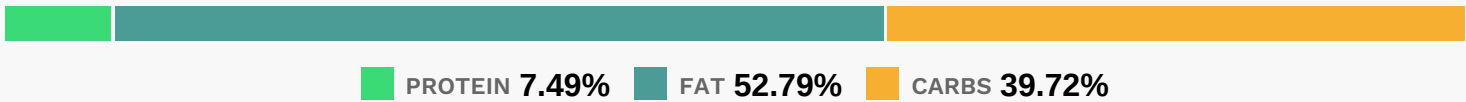
Equipment

- ☐ frying pan

Directions

- ☐ In a large saute pan, heat the oil over medium heat.
- ☐ Add the pepper flakes, onions and cook, stirring occasionally, until beginning to soften, about 5 minutes.
- ☐ Add the garlic, ground cumin, curry powder and cook, stirring, about 1 minute.
- ☐ Add the vegetable broth, coconut milk, tomato sauce, tomato paste, salt and pepper. Bring to a boil and reduce the heat to medium-low.
- ☐ Add the potatoes, cabbage and shredded coconut. Cover and cook about 30 minutes.
- ☐ Add the lime juice and peas. Stir well and cook for 2 minute more.
- ☐ Serve warm on top of white rice.

Nutrition Facts



Properties

Glycemic Index:110.52, Glycemic Load:24.42, Inflammation Score:-10, Nutrition Score:40.212173710699%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.13mg, Quercetin: 9.13mg, Quercetin: 9.13mg, Quercetin: 9.13mg

Nutrients (% of daily need)

Calories: 670.55kcal (33.53%), Fat: 41.7g (64.16%), Saturated Fat: 28.8g (180.02%), Carbohydrates: 70.61g (23.54%), Net Carbohydrates: 51.91g (18.88%), Sugar: 23.81g (26.46%), Cholesterol: 0mg (0%), Sodium: 731.29mg (31.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.31g (26.63%), Vitamin A: 17148.04IU (342.96%), Vitamin K: 177.76µg (169.29%), Vitamin C: 124.91mg (151.4%), Manganese: 2.36mg (117.82%), Fiber: 18.69g (74.78%), Potassium: 1634.93mg (46.71%), Vitamin B6: 0.9mg (44.8%), Folate: 179.12µg (44.78%), Copper: 0.83mg (41.28%), Phosphorus: 362.49mg (36.25%), Magnesium: 144.4mg (36.1%), Iron: 6.3mg (34.99%), Vitamin B1: 0.51mg (34.07%), Vitamin B3: 4.48mg (22.41%), Vitamin B5: 1.93mg (19.32%), Zinc: 2.85mg (19.03%), Calcium: 181.79mg (18.18%), Vitamin B2: 0.3mg (17.84%), Selenium: 12.07µg (17.24%), Vitamin E: 2.56mg (17.1%)