



Cauliflower, Potato, and Pea Curry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound cauliflower cut into large florets (4 cups)
- 0.5 cup cilantro leaves chopped
- 0.3 cup cooking oil
- 1 tablespoon ground coriander
- 1.5 teaspoons ground cumin
- 1 cup peas frozen
- 1.5 pounds potatoes boiling peeled cut into 1 1/2-inch pieces (4)
- 0.3 teaspoon red-pepper flakes dried

- 1 teaspoon salt
- 1 cup tomatoes in purée thick canned crushed
- 0.5 teaspoon turmeric
- 0.5 cup water

Equipment

- frying pan

Directions

- In a large deep frying pan, heat the oil over moderate heat.
- Add the coriander, cumin, turmeric, and red-pepper flakes and stir.
- Add the cauliflower and potatoes and cook, stirring frequently, until the vegetables start to soften, about 5 minutes.
- Add the tomatoes, 1/4 cup of the cilantro, the water, and the salt. Bring to a simmer, reduce the heat to low, and cook, covered, until the vegetables are tender, about 15 minutes. Stir in the peas and the remaining 1/4 cup cilantro and cook, covered, until the peas are tender, about 2 minutes longer.
- Variation: If you like, you can add three tablespoons dried unsweetened coconut to the curry. Put it in at the same time as the peas.
- Wine Recommendation: Go for your favorite full-bodied, full-flavored white wine. A California chardonnay, for example, won't be wiped out by the curry's earthy and hot spices.

Nutrition Facts

 **PROTEIN 10.04%**  **FAT 39.69%**  **CARBS 50.27%**

Properties

Glycemic Index:39.08, Glycemic Load:3.74, Inflammation Score:-10, Nutrition Score:23.848695547684%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 328.14kcal (16.41%), Fat: 15.31g (23.56%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 43.63g (14.54%), Net Carbohydrates: 34.5g (12.54%), Sugar: 9.13g (10.14%), Cholesterol: 0mg (0%), Sodium: 733.92mg (31.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.43%), Vitamin C: 90.28mg (109.43%), Vitamin K: 51.09µg (48.66%), Potassium: 1427.25mg (40.78%), Manganese: 0.76mg (37.77%), Fiber: 9.13g (36.52%), Vitamin B6: 0.66mg (33.16%), Folate: 128.13µg (32.03%), Copper: 0.48mg (23.89%), Vitamin E: 3.49mg (23.28%), Vitamin B1: 0.35mg (23.07%), Phosphorus: 223.02mg (22.3%), Magnesium: 86.86mg (21.72%), Iron: 3.9mg (21.69%), Vitamin B3: 4.14mg (20.68%), Vitamin B5: 1.45mg (14.49%), Vitamin B2: 0.21mg (12.42%), Vitamin A: 600.84IU (12.02%), Zinc: 1.61mg (10.71%), Calcium: 90.89mg (9.09%), Selenium: 2.97µg (4.24%)