



Cauliflower & potato curry



Vegetarian



Vegan



Dairy Free



Popular

READY IN



55 min.

SERVINGS



4

CALORIES



320 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tbsp vegetable oil
- ☐ 1 large onion chopped
- ☐ 1 large piece ginger grated
- ☐ 3 garlic cloves finely chopped
- ☐ 0.5 tsp turmeric
- ☐ 1 tsp ground cumin
- ☐ 1 tsp curry powder to taste
- ☐ 227 g canned tomatoes chopped canned

- ☐ 0.5 tsp sugar
- ☐ 1 cauliflower cut into florets
- ☐ 2 potatoes cut into chunks
- ☐ 1 small chilli green halved
- ☐ 1 tablespoon juice of lemon
- ☐ 1 handful coriander roughly chopped
- ☐ 4 servings naan bread and natural yogurt

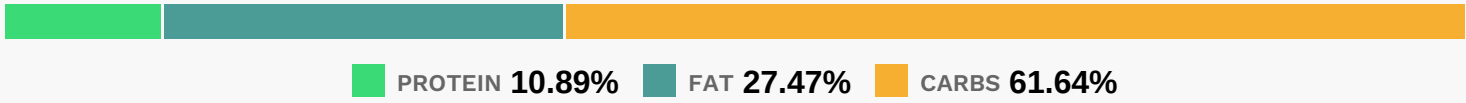
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the oil in a saucepan. Cook the onion for 10 mins until soft, then add the ginger, garlic, turmeric, cumin and curry powder. Cook for 1 min more. Stir in the tomatoes and sugar.
- ☐ Add the cauliflower, potatoes and split chilli, seasoning to taste. Cover with a lid and gently cook for a good 30 mins, stirring occasionally, until the vegetables are tender add a drop of water if you need to, but it is meant to be a dry curry.
- ☐ When the vegetables are cooked, remove the chilli, if you like, stir in a squeeze of lemon juice and scatter with coriander.
- ☐ Serve with your choice of Indian bread and a dollop of yogurt.

Nutrition Facts



Properties

Glycemic Index:85.71, Glycemic Load:17.56, Inflammation Score:-10, Nutrition Score:19.977826056273%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg

1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg
Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.72mg, Quercetin:
9.72mg, Quercetin: 9.72mg, Quercetin: 9.72mg

Nutrients (% of daily need)

Calories: 320.17kcal (16.01%), Fat: 10.19g (15.68%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 51.46g (17.15%), Net
Carbohydrates: 43.26g (15.73%), Sugar: 9.74g (10.83%), Cholesterol: 2.48mg (0.83%), Sodium: 377.43mg (16.41%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.09g (18.17%), Vitamin C: 102.29mg (123.99%), Vitamin K:
43.67µg (41.59%), Vitamin B6: 0.76mg (37.78%), Fiber: 8.2g (32.8%), Potassium: 1148.17mg (32.8%), Manganese:
0.64mg (32.2%), Folate: 116.04µg (29.01%), Magnesium: 66.59mg (16.65%), Phosphorus: 162.78mg (16.28%), Iron:
2.92mg (16.2%), Copper: 0.31mg (15.66%), Vitamin B1: 0.23mg (15.21%), Vitamin B5: 1.51mg (15.06%), Vitamin B3:
2.69mg (13.43%), Calcium: 104.81mg (10.48%), Vitamin E: 1.57mg (10.47%), Vitamin B2: 0.17mg (9.94%), Zinc: 1.01mg
(6.73%), Vitamin A: 204.08IU (4.08%), Selenium: 2.18µg (3.12%)