



WHATSheATE



Coconut-Curry Chickpeas and Cauliflower



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



339 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings bell pepper black
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 1 carrots thinly sliced
- ☐ 3 cups cauliflower florets (from 1 small cauliflower)
- ☐ 2 tablespoons curry powder to taste (or)
- ☐ 1 cup peas frozen
- ☐ 0.5 teaspoon salt
- ☐ 13 ounce coconut milk unsweetened canned

- ☐ 1 cup vegetable broth
- ☐ 2 teaspoons vegetable oil neutral
- ☐ 1 small onion yellow minced

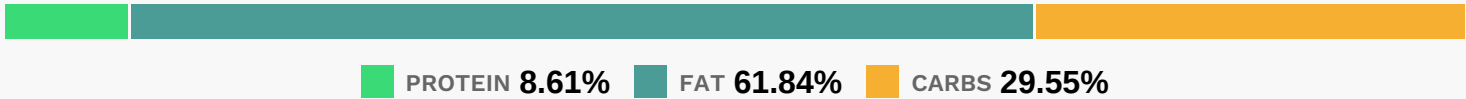
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the oil in a large saucepan over medium heat.
- ☐ Add the onion, cover, and cook until softened, about 5 minutes.Stir in the carrot, cauliflower, and curry powder, to taste.
- ☐ Add the tomatoes and broth, cover, and cook until the vegetables are softened, about 10 minutes.Stir in the chickpeas, peas, coconut milk, salt, and pepper to taste.Cook uncovered until the flavors are well blended and the mixture thickens slightly, about 10 minutes longer.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:67.54, Glycemic Load:5.45, Inflammation Score:-10, Nutrition Score:24.705651905226%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 338.99kcal (16.95%), Fat: 25.29g (38.91%), Saturated Fat: 20.03g (125.18%), Carbohydrates: 27.2g (9.07%), Net Carbohydrates: 17.91g (6.51%), Sugar: 13.13g (14.59%), Cholesterol: 0mg (0%), Sodium: 712.27mg (30.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.85%), Vitamin C: 65.22mg (79.06%), Manganese: 1.48mg (74.17%), Vitamin A: 3201.54IU (64.03%), Fiber: 9.29g (37.17%), Vitamin K: 35.53µg (33.84%),

Copper: 0.57mg (28.29%), Potassium: 978.15mg (27.95%), Folate: 105.27µg (26.32%), Iron: 4.68mg (25.99%),
Vitamin B6: 0.46mg (23.03%), Magnesium: 89.23mg (22.31%), Phosphorus: 218.21mg (21.82%), Vitamin B1: 0.26mg (17.38%), Vitamin B3: 3.37mg (16.85%), Vitamin E: 2.48mg (16.53%), Zinc: 1.74mg (11.58%), Selenium: 8.05µg (11.5%),
Vitamin B5: 1.06mg (10.57%), Calcium: 99.27mg (9.93%), Vitamin B2: 0.17mg (9.91%)