



HEALTH SCORE

72%

Coconut-Vegetable Curry



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



828 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons mustard seeds black
- ☐ 10 ounces carrots peeled
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 5 tablespoons ghee
- ☐ 1.5 teaspoons coarse kosher salt
- ☐ 2.5 teaspoons curry leaves fresh chopped (16 leaves)
- ☐ 6 indian eggplants trimmed quartered (each 3 inches long)
- ☐ 0.5 teaspoon fenugreek seeds

- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 large garlic clove chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 10 okra pods fresh
- ☐ 12 pearl onions peeled
- ☐ 6 servings savory semolina
- ☐ 1.5 pounds tomatoes cored cubed
- ☐ 1 teaspoon turmeric
- ☐ 3.5 cups coconut milk unsweetened organic canned (preferably)
- ☐ 1 pound onions white chopped

Equipment

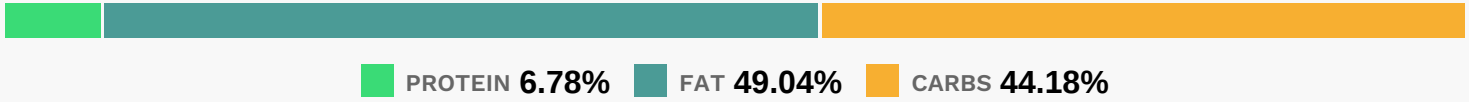
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon butter in large nonstick skillet over medium-high heat.
- ☐ Add onions; sauté until golden, about 2 minutes. Reduce heat to low and sauté until onions are just tender, about 8 minutes.
- ☐ Transfer onions to bowl.
- ☐ Heat 1 tablespoon butter in same skillet over medium-high heat.
- ☐ Add okra; sauté until crisp-tender, about 3 minutes.
- ☐ Add okra to bowl with onions.
- ☐ Heat 1 tablespoon butter in same skillet over medium-high heat.
- ☐ Add eggplants; sprinkle with salt and pepper. Sauté eggplants until brown on cut surfaces and just tender, about 6 minutes.
- ☐ Add eggplant to onions. Melt remaining 2 tablespoons butter in same skillet.
- ☐ Add carrots. Sauté until carrots begin to soften, about 3 minutes.
- ☐ Add tomatoes and stir to blend; add to vegetable mixture in bowl. Reserve skillet for sauce.

- ☐ Heat butter in reserved skillet over medium-high heat.
- ☐ Add chopped onions and sauté until golden, about 14 minutes. Reduce heat to medium.
- ☐ Add ginger and garlic; sauté 1 minute.
- ☐ Add curry leaves, mustard seeds, turmeric, fenugreek, and cayenne; sauté 1 minute.
- ☐ Add vegetable mixture and 1 teaspoons salt.
- ☐ Add coconut milk and bring to simmer. Reduce heat to medium-low and simmer uncovered until vegetables are just tender, stirring occasionally, about 8 minutes.
- ☐ Mix in lime juice. Season to taste with salt and pepper.
- ☐ Transfer curry to bowl.
- ☐ Serve over basmati rice or Savory Semolina.
- ☐ *Also known as kari patta; available at Indian markets.
- ☐ **Sold at specialty foods stores, Indian and Asian markets, and adrianascaravan.com. If unavailable, substitute brown mustard seeds.
- ☐ ***Available at Indian and Middle Eastern markets.

Nutrition Facts



Properties

Glycemic Index:57.34, Glycemic Load:31.92, Inflammation Score:-10, Nutrition Score:45.966956594716%

Flavonoids

Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 6.79mg, Isorhamnetin: 6.79mg, Isorhamnetin: 6.79mg, Isorhamnetin: 6.79mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 32.72mg, Quercetin: 32.72mg, Quercetin: 32.72mg, Quercetin: 32.72mg

Nutrients (% of daily need)

Calories: 827.54kcal (41.38%), Fat: 47.79g (73.52%), Saturated Fat: 37.66g (235.4%), Carbohydrates: 96.88g (32.29%), Net Carbohydrates: 73.34g (26.67%), Sugar: 32.44g (36.04%), Cholesterol: 32mg (10.67%), Sodium:

660.11mg (28.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.86g (29.73%), Vitamin B3: 53.6mg (268.01%), Vitamin A: 9319.44IU (186.39%), Manganese: 3.44mg (172.21%), Folate: 676.08µg (169.02%), Vitamin C: 132.62mg (160.75%), Fiber: 23.54g (94.17%), Potassium: 2186.28mg (62.47%), Copper: 1.03mg (51.4%), Vitamin B6: 0.89mg (44.75%), Magnesium: 177.18mg (44.3%), Phosphorus: 410.42mg (41.04%), Vitamin K: 38.5µg (36.67%), Vitamin B1: 0.44mg (29.09%), Selenium: 19.57µg (27.95%), Iron: 4.95mg (27.53%), Vitamin B5: 2.48mg (24.79%), Zinc: 2.92mg (19.47%), Vitamin E: 2.76mg (18.42%), Vitamin B2: 0.3mg (17.75%), Calcium: 174.37mg (17.44%)