



Creamy beetroot curry



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 2 onion very finely chopped
- ☐ 2 tsp mustard seeds yellow
- ☐ 3 tbsp curry paste
- ☐ 1 kg beets raw peeled halved sliced (weight)
- ☐ 1 to 2 chilies slit green halved
- ☐ 400 g canned tomatoes chopped canned
- ☐ 3 tbsp almond flour

☐ 4 tbsp yogurt low-fat

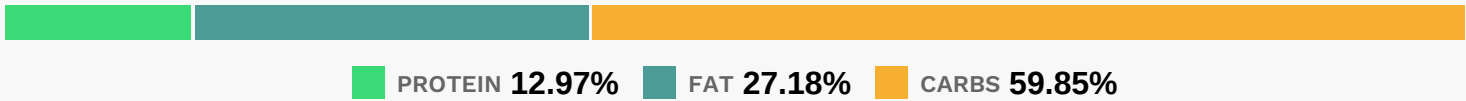
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a large lidded pan, stir in the onions and cook for 8 mins until soft. Tip in the mustard seeds and cook for 1 min until toasted. Stir through the curry paste and sizzle for 3 mins.
- ☐ Mix the beetroot through the spicy onions, then add the chilli, tomatoes and 2 cans of water. Cover and simmer for 30 mins, stirring occasionally, until the beetroot is tender.
- ☐ Remove the lid, turn up the heat and cook until the sauce is thick.
- ☐ Take off the heat, then stir through the almonds, yogurt and some seasoning. Top with yogurt and serve with basmati rice, if you like.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:14, Inflammation Score:-9, Nutrition Score:21.403043586275%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.49mg, Quercetin: 11.49mg, Quercetin: 11.49mg, Quercetin: 11.49mg

Nutrients (% of daily need)

Calories: 254.87kcal (12.74%), Fat: 8.25g (12.7%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 40.88g (13.63%), Net Carbohydrates: 29.58g (10.76%), Sugar: 26.47g (29.41%), Cholesterol: 1.2mg (0.4%), Sodium: 380.99mg (16.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.86g (17.73%), Folate: 299.77µg (74.94%), Manganese: 1.1mg (55.09%), Fiber: 11.3g (45.2%), Vitamin A: 2080.99IU (41.62%), Potassium: 1239.98mg (35.43%), Vitamin C: 28.05mg (34%), Magnesium: 90.1mg (22.52%), Iron: 4.01mg (22.3%), Copper: 0.4mg (20.05%), Vitamin B6: 0.4mg (19.86%), Phosphorus: 185.03mg (18.5%), Calcium: 152.68mg (15.27%), Vitamin B1: 0.19mg (12.98%), Vitamin B2: 0.21mg

(12.49%), Vitamin K: 12.37µg (11.78%), Vitamin E: 1.7mg (11.31%), Vitamin B3: 2.19mg (10.95%), Zinc: 1.48mg (9.85%),
Vitamin B5: 0.86mg (8.59%), Selenium: 5.37µg (7.67%), Vitamin B12: 0.11µg (1.87%)