



Curried Pasta

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



349 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 Tablespoons all purpose flour
- ☐ 0.3 Teaspoon cayenne pepper/chilli powder
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 Tablespoon cornstarch
- ☐ 2 Teaspoons curry powder
- ☐ 0.3 cup cooking wine dry white (I Used Water)
- ☐ 2 cups vegetables of your choice frozen (I Used A Combination Of Broccoli, Cauliflower And Carrots Readily Available In The Food Section, 16Oz Pack)
- ☐ 4 Cloves garlic minced

- ☐ 1 Teaspoon olive oil
- ☐ 0.3 cup onion finely chopped
- ☐ 1 cup pasta of your choice whole wheat dry (I Used Penne)
- ☐ 2 servings salt and pepper to taste
- ☐ 2 cups vegetable broth

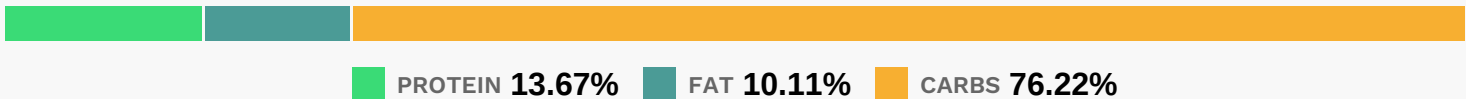
Equipment

- ☐ sauce pan

Directions

- ☐ Add 2 teaspoons olive oil to a medium saucepan; saute onion and garlic for 2 to 3 minutes.Stir in flour, curry powder and chilli powder. Cook 1 minute, stirring.
- ☐ Add broth and heat to boiling.In a small vessel combine the cornstarch and water, until the cornstarch dissolves without forming any lumps.
- ☐ Add this mixture to the boiling broth and bring it to a boil, stirring, until thickened, about 1 minute. (Actually it took more than a minute for the mixture to thicken.)Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:158, Glycemic Load:23.37, Inflammation Score:-10, Nutrition Score:20.626086939936%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg

Nutrients (% of daily need)

Calories: 348.95kcal (17.45%), Fat: 3.85g (5.92%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 65.27g (21.76%), Net Carbohydrates: 55.52g (20.19%), Sugar: 4.11g (4.56%), Cholesterol: 0mg (0%), Sodium: 1231.06mg (53.52%), Alcohol: 3.09g (100%), Alcohol %: 0.75% (100%), Protein: 11.71g (23.42%), Vitamin A: 9972.25IU (199.45%), Manganese: 1.03mg (51.64%), Fiber: 9.75g (39.01%), Selenium: 23.74µg (33.91%), Vitamin C: 23.05mg (27.94%), Vitamin B1: 0.34mg (22.51%), Phosphorus: 201.77mg (20.18%), Folate: 80.57µg (20.14%), Iron: 3.39mg (18.86%), Magnesium: 73.83mg (18.46%), Vitamin B6: 0.37mg (18.26%), Vitamin B3: 3.45mg (17.25%), Potassium: 581.66mg (16.62%), Copper: 0.32mg (15.96%), Vitamin B2: 0.24mg (13.97%), Zinc: 1.54mg (10.26%), Vitamin K: 10.02µg (9.54%), Calcium: 83.03mg (8.3%), Vitamin E: 0.92mg (6.13%), Vitamin B5: 0.55mg (5.46%)