



Curried Peppers and Edamame



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.7 cup jasmine rice uncooked



1 cup water



4 cloves garlic powder



2 medium bell pepper red yellow (, , orange or mixture)



1 medium onion



1 tablespoon vegetable oil



1 tablespoon curry powder



12 oz edamame green frozen shelled ()

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water
- ☐ 14 oz coconut milk unsweetened canned (not cream of coconut)
- ☐ 1 serving cilantro leaves fresh chopped
- ☐ 0.5 cup roasted cashews salted

Equipment

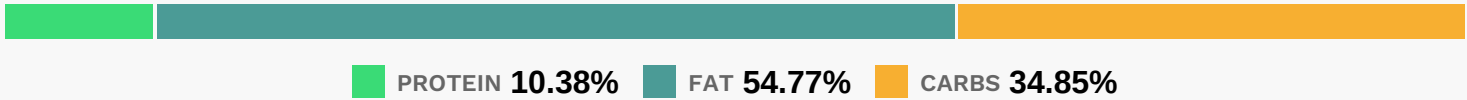
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ cutting board

Directions

- ☐ In a 2-quart saucepan, heat the rice and 1 cup water to boiling over high heat. Reduce heat to medium. Cover with lid; simmer 15 to 20 minutes or until the water has been absorbed and the rice is tender. (Keep the lid on the pan until the rice has cooked 15 minutes before checking if the water has been absorbed. The steam of the simmering water is necessary for the rice to cook.)
- ☐ Meanwhile, peel and finely chop the garlic.
- ☐ Cut each bell pepper in half lengthwise, and cut out seeds and membrane.
- ☐ Cut each half into 1/2-inch strips, then cut the strips crosswise in half to measure 3 cups.
- ☐ Peel the onion, and cut in half lengthwise.
- ☐ Place each half, cut side down, on cutting board; cut lengthwise into thirds, then cut crosswise into thirds to make about 1-inch chunks.
- ☐ In a 12-inch nonstick skillet, heat the oil over medium-high heat.
- ☐ Add the curry powder; cook 1 minute, stirring constantly to prevent scorching and to develop the flavor. Stir in the garlic, bell peppers, onion, edamame, salt and 1/4 cup water (add water last so it doesn't spatter). Cook 2 minutes, stirring frequently and scraping bottom of skillet to mix curry powder with vegetables. Cover with lid; cook about 4 minutes longer or until vegetables are tender.

- ☐
- Open the can of coconut milk, and stir the milk with a fork or wire whisk until it is smooth and creamy. Measure 1 cup coconut milk, and stir into vegetable mixture. Reduce heat to medium-low. Simmer uncovered about 2 minutes, stirring occasionally, until hot.
- ☐
- Pour remaining coconut milk into storage container; cover and refrigerate for another use.
- ☐
- Serve over rice and sprinkle with cilantro and cashews.

Nutrition Facts



Properties

Glycemic Index:40.55, Glycemic Load:16.2, Inflammation Score:-9, Nutrition Score:23.744347675987%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 607.21kcal (30.36%), Fat: 38.42g (59.1%), Saturated Fat: 23.16g (144.76%), Carbohydrates: 54.99g (18.33%), Net Carbohydrates: 46.15g (16.78%), Sugar: 10.24g (11.37%), Cholesterol: 0mg (0%), Sodium: 425.28mg (18.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.39g (32.77%), Vitamin C: 81.16mg (98.38%), Manganese: 1.56mg (78.15%), Copper: 0.76mg (38.12%), Vitamin A: 1879.97IU (37.6%), Fiber: 8.85g (35.39%), Iron: 6.02mg (33.42%), Potassium: 978mg (27.94%), Magnesium: 104.17mg (26.04%), Phosphorus: 251.43mg (25.14%), Selenium: 13.5µg (19.29%), Vitamin B6: 0.37mg (18.36%), Folate: 65.55µg (16.39%), Vitamin K: 16.93µg (16.12%), Zinc: 2.25mg (15.03%), Vitamin E: 1.9mg (12.67%), Calcium: 123.19mg (12.32%), Vitamin B3: 2.16mg (10.81%), Vitamin B5: 0.93mg (9.33%), Vitamin B1: 0.13mg (8.97%), Vitamin B2: 0.11mg (6.65%)