



Curried Plum and Green Bean Stir-Fry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



397 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 cup brown rice long-grain
- 1 tablespoon curry powder
- 1 tablespoon ginger chopped
- 4 cups green beans trimmed halved
- 0.5 cup lite coconut milk reduced-fat
- 3 plums pitted cut into small wedges
- 0.5 bell pepper red sliced

- 1 small to 5 chillies red hot chopped (like cayenne)
- 0.5 cup roasted cashews unsalted
- 0.8 teaspoon salt divided (preferably kosher)
- 4 spring onion white green separated sliced
- 1 tablespoon vegetable oil

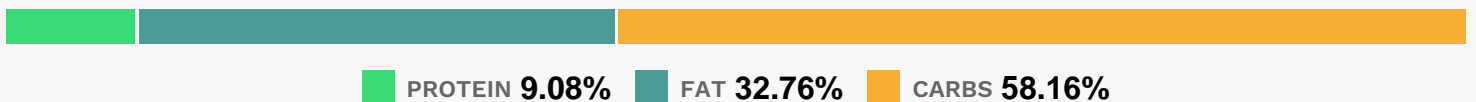
Equipment

- frying pan
- sauce pan

Directions

- In a small saucepan, bring rice, 1/4 teaspoon salt and 1 1/4 cups water to a boil. Reduce heat to low; cover; simmer until rice is tender and absorbs the water, 30 to 35 minutes. Turn off heat; leave covered. In a large skillet, heat oil over medium-high heat. Cook scallion whites, chile, ginger, curry, black pepper and remaining 1/2 teaspoon salt, stirring, 2 minutes.
- Add 1/2 cup water and green beans; cook, stirring, until beans turn bright green, about 2 minutes.
- Add plums, bell pepper and coconut milk; cook and stir until colors are bright and sauce is thick, 3 to 5 minutes. Stir in cashews. Divide plum-green bean mixture among 4 plates.
- Serve with rice; sprinkle with scallion greens before serving.
- Per serving: 394 calories, 15 grams fat, 4 grams saturated, 60 grams carbohydrates, 7 grams fiber, 1 grams protein
- Self

Nutrition Facts



Properties

Glycemic Index:76.1, Glycemic Load:25.2, Inflammation Score:-9, Nutrition Score:26.746521929036%

Flavonoids

Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 396.8kcal (19.84%), Fat: 15.01g (23.09%), Saturated Fat: 4.13g (25.79%), Carbohydrates: 59.96g (19.99%), Net Carbohydrates: 52.81g (19.2%), Sugar: 10.93g (12.14%), Cholesterol: 0mg (0%), Sodium: 472.66mg (20.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.35g (18.71%), Manganese: 2.33mg (116.25%), Vitamin K: 91.51µg (87.15%), Vitamin C: 55.84mg (67.69%), Magnesium: 154.98mg (38.74%), Copper: 0.66mg (33.05%), Vitamin A: 1637.72IU (32.75%), Vitamin B6: 0.58mg (29.15%), Fiber: 7.15g (28.6%), Phosphorus: 278.2mg (27.82%), Vitamin B1: 0.36mg (24.11%), Iron: 3.93mg (21.82%), Folate: 79.72µg (19.93%), Potassium: 666.76mg (19.05%), Vitamin B3: 3.71mg (18.58%), Zinc: 2.41mg (16.1%), Vitamin B5: 1.32mg (13.16%), Vitamin B2: 0.22mg (12.88%), Vitamin E: 1.73mg (11.53%), Calcium: 86.58mg (8.66%), Selenium: 3.08µg (4.4%)