



WHATSheATE



HEALTH SCORE

55%

Curried Potato and Spinach Soup with Onion Salsa and Minted Yogurt



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 ounce baby spinach
- ☐ 6 bay leaves
- ☐ 1 teaspoon mustard seeds shopping list black
- ☐ 3 tablespoons canola oil
- ☐ 1 small head cauliflower cored halved cut into 1/3-inch-thick slices, broken into pieces (3 cups)
- ☐ 1 teaspoon cumin seeds
- ☐ 3 tablespoons curry leaves

- ☐ 4 teaspoons curry powder
- ☐ 1 teaspoon fennel seeds
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 6 servings parsley fresh chopped
- ☐ 0.7 cup greek yogurt
- ☐ 2 spring onion thinly sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 tablespoons olive oil
- ☐ 4 cups onion red chopped (2 large)
- ☐ 1 teaspoon nigella seeds
- ☐ 14 ounce tofu firm drained cut into 1/2-inch cubes
- ☐ 1 tablespoon turmeric
- ☐ 4.5 cups vegetable stock
- ☐ 1 medium onion white chopped
- ☐ 1 teaspoon mustard seeds yellow
- ☐ 1 pound yukon gold potatoes peeled cut into 1/2-inch cubes (3 cups)

Equipment

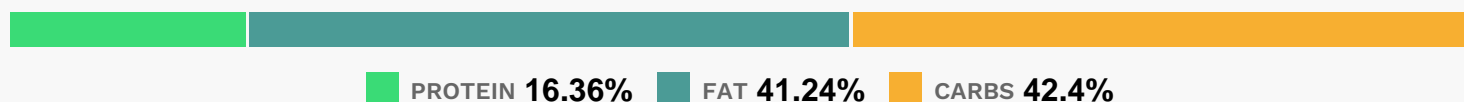
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Combine first 5 ingredients in heavy medium saucepan. Cook over medium-high heat until onions begin to soften, stirring frequently, about 4 minutes. Reduce heat to low, cover, and cook until onions are very soft, stirring occasionally, about 40 minutes.

- ☐ Add lemon juice and lemon peel; cook uncovered until most liquid is evaporated, stirring often, about 10 minutes. Season with salt and pepper. Can be made 1 day ahead. Cover and chill. Rewarm before serving.
- ☐ Cook oil and curry powder in heavy small skillet over medium-high heat until curry powder darkens slightly, about 1 minute.
- ☐ Transfer to small pitcher. Can be made 1 day ahead. Cover and chill.
- ☐ Let stand at room temperature 1 hour before serving.
- ☐ Mix yogurt, green onions, and chopped mint in medium bowl. Cover and chill. Can be made 6 hours ahead. Keep chilled.
- ☐ Heat oil in heavy large pot over high heat.
- ☐ Add next 5 ingredients. Cook until onion and cauliflower begin to brown, stirring often, about 5 minutes.
- ☐ Add potatoes; stir 2 minutes.
- ☐ Add turmeric and stir 1 minute.
- ☐ Add broth and bay leaves. Bring to boil, reduce heat to medium, and simmer until vegetables are tender, about 10 minutes.
- ☐ Add spinach and stir until wilted, about 1 minute.
- ☐ Add tofu; heat until warmed through, about 1 minute. Season with salt and pepper. Discard bay leaves.
- ☐ Divide soup among 6 bowls; sprinkle with chopped parsley.
- ☐ Serve salsa, curry oil, and minted yogurt alongside.
- ☐ *Nigella seeds are pungent and peppery, from a flowering plant of the same name. Also called kalonji or black onion seeds. Available at indianfoodsco.com.

Nutrition Facts



Properties

Glycemic Index:56.79, Glycemic Load:14.17, Inflammation Score:-10, Nutrition Score:36.099130288414%

Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 8.74mg, Apigenin: 8.74mg, Apigenin: 8.74mg, Apigenin: 8.74mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 6.26mg, Isorhamnetin: 6.26mg, Isorhamnetin: 6.26mg, Isorhamnetin: 6.26mg Kaempferol: 4.4mg, Kaempferol: 4.4mg, Kaempferol: 4.4mg, Kaempferol: 4.4mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 28.29mg, Quercetin: 28.29mg, Quercetin: 28.29mg, Quercetin: 28.29mg

Nutrients (% of daily need)

Calories: 344.57kcal (17.23%), Fat: 16.48g (25.35%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 38.12g (12.71%), Net Carbohydrates: 29.98g (10.9%), Sugar: 9.78g (10.87%), Cholesterol: 1.11mg (0.37%), Sodium: 777.75mg (33.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.71g (29.41%), Vitamin B3: 171.87mg (859.34%), Folate: 1898.49µg (474.62%), Vitamin C: 363.18mg (440.22%), Vitamin K: 297.41µg (283.25%), Vitamin A: 5399.35IU (107.99%), Manganese: 0.99mg (49.35%), Fiber: 8.15g (32.59%), Vitamin B6: 0.61mg (30.41%), Potassium: 1019.94mg (29.14%), Calcium: 291.14mg (29.11%), Iron: 4.79mg (26.62%), Magnesium: 92.3mg (23.07%), Vitamin E: 3.28mg (21.88%), Phosphorus: 179mg (17.9%), Vitamin B2: 0.27mg (15.73%), Vitamin B1: 0.21mg (13.95%), Copper: 0.26mg (13.07%), Selenium: 6.16µg (8.8%), Vitamin B5: 0.81mg (8.15%), Zinc: 1.19mg (7.92%), Vitamin B12: 0.16µg (2.59%)