Curried Potatoes and Squash

Gluten Free

READY IN	SERVINGS	CALORIES
45 min.	4	314 kcal

ANTIPASTI | STARTER | SNACK | APPETIZER

Ingredients

- [ ] 3 cups baking potato cubed peeled () (1 1/2 pounds)
- [ ] 2 tablespoons butter
- [ ] 3 cups butternut squash cubed peeled () (1 1/4 pounds)
- [ ] 14.5 ounce canned tomatoes whole undrained chopped canned
- [ ] 1.5 tablespoons ginger fresh grated peeled
- [ ] 4 garlic cloves minced
- [ ] 0.5 cup thinly green onions diagonally sliced (4 medium)
- [ ] 0.5 teaspoon ground cumin

- [ ] 0.5 teaspoon ground pepper red
- [ ] 0.8 cup coconut milk light
- [ ] 14 ounce lower-sodium chicken broth fat-free canned
- [ ] 1 cup onion chopped
- [ ] 1 cup peas green frozen thawed
- [ ] 0.5 teaspoon salt

Equipment

- [ ] frying pan

Directions

- [ ] Melt butter in a large skillet over medium-high heat.
- [ ] Add onion to pan, and saut for 4 minutes, stirring occasionally.
- [ ] Add ginger and garlic; saut 1 minute, stirring constantly.
- [ ] Add potato and next 4 ingredients (through pepper); saut 1 minute, stirring constantly. Stir in tomatoes and broth; bring to a boil. Cover and cook for 5 minutes.
- [ ] Stir in coconut milk and peas; bring to a simmer. Cook, uncovered, 12 minutes or until squash is tender, stirring occasionally.
- [ ] Sprinkle with green onions.

Nutrition Facts

PROTEIN **11.82%** FAT **24.4%** CARBS **63.78%**

Properties

Glycemic Index:89.52, Glycemic Load:20.88, Inflammation Score:-10, Nutrition Score:26.915217200699%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg

Nutrients (% of daily need)

Calories: 314.32kcal (15.72%), Fat: 9g (13.85%), Saturated Fat: 6.25g (39.09%), Carbohydrates: 52.93g (17.64%), Net Carbohydrates: 44.14g (16.05%), Sugar: 11.68g (12.98%), Cholesterol: 15.05mg (5.02%), Sodium: 701.09mg (30.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.81g (19.61%), Vitamin A: 12068.71IU (241.37%), Vitamin C: 59mg (71.52%), Potassium: 1553.8mg (44.39%), Vitamin B6: 0.87mg (43.48%), Manganese: 0.87mg (43.36%), Vitamin K: 44.41µg (42.29%), Fiber: 8.8g (35.18%), Vitamin B1: 0.41mg (27.03%), Magnesium: 103.91mg (25.98%), Folate: 97.5µg (24.38%), Copper: 0.49mg (24.38%), Vitamin B3: 4.63mg (23.13%), Iron: 4.1mg (22.76%), Vitamin E: 3.19mg (21.24%), Phosphorus: 193.93mg (19.39%), Calcium: 137.64mg (13.76%), Vitamin B5: 1.17mg (11.72%), Vitamin B2: 0.19mg (11.17%), Zinc: 1.4mg (9.31%), Selenium: 3.07µg (4.38%)