



HEALTH SCORE

53%

Curried Root Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 large carrots peeled cut into 2- inch pieces 1 cup
- ☐ 0.5 teaspoon curry powder
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground turmeric
- ☐ 2 teaspoons olive oil

- ☐ 0.5 teaspoon paprika
- ☐ 1 large rutabaga peeled cut into 2-inch pieces 1 1/2 cups
- ☐ 0.5 teaspoon salt divided
- ☐ 0.3 cup slivered almonds toasted finely chopped
- ☐ 1 cup turnip peeled coarsely chopped

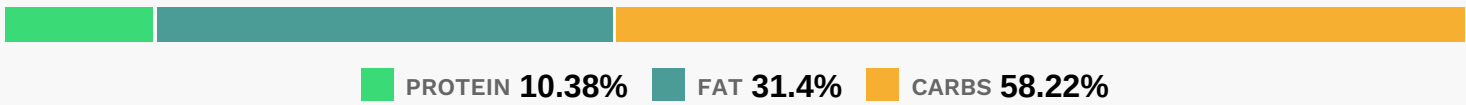
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Arrange rutabaga, carrot, and turnip in a vegetable steamer. Steam, covered, 18 to 20 minutes or until vegetables are tender but still firm.
- ☐ Drain vegetables and transfer to a bowl.
- ☐ Add 1/4 teaspoon salt.
- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add curry powder and next 4 ingredients; cook 1 minute, stirring constantly. Return vegetables to pan and add almonds; toss gently. Cook 1 to 2 minutes or until thoroughly heated.
- ☐ Add remaining salt and pepper, and sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:81.46, Glycemic Load:11.27, Inflammation Score:-10, Nutrition Score:20.032173944556%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg,

Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg
Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin:
0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 11.74mg, Apigenin: 11.74mg, Apigenin: 11.74mg, Apigenin:
11.74mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.18mg,
Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.76mg, Kaempferol: 0.76mg,
Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 4.45mg, Myricetin: 4.45mg, Myricetin: 4.45mg, Myricetin:
4.45mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 157.51kcal (7.88%), Fat: 5.92g (9.11%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 24.71g (8.24%), Net
Carbohydrates: 17.51g (6.37%), Sugar: 11.91g (13.24%), Cholesterol: 0mg (0%), Sodium: 362.5mg (15.76%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.81%), Vitamin A: 6314.57IU (126.29%), Vitamin C: 60.38mg
(73.19%), Vitamin K: 40.06µg (38.16%), Fiber: 7.2g (28.81%), Manganese: 0.57mg (28.54%), Potassium: 847.61mg
(24.22%), Vitamin E: 2.99mg (19.96%), Magnesium: 67.97mg (16.99%), Phosphorus: 162.23mg (16.22%), Vitamin B6:
0.31mg (15.59%), Vitamin B1: 0.23mg (15.43%), Folate: 58.87µg (14.72%), Calcium: 132.05mg (13.21%), Vitamin B2:
0.19mg (11.35%), Vitamin B3: 2.16mg (10.8%), Iron: 1.72mg (9.53%), Copper: 0.19mg (9.49%), Zinc: 0.92mg (6.12%),
Vitamin B5: 0.53mg (5.29%), Selenium: 2.18µg (3.12%)