



Curried Sweet Potato with Warm Paratha Bread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 teaspoons juice of lime fresh
- ☐ 0.8 cup skim milk
- ☐ 0.5 small onion diced
- ☐ 0.5 cup yogurt plain
- ☐ 0.5 teaspoon curry paste red to taste

- ☐ 2 servings salt and pepper black
- ☐ 10 ounces sweet potatoes and into unpeeled cut into small dice
- ☐ 2 frangelico warmed

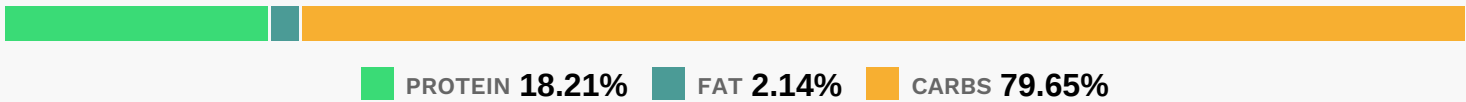
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Coat a medium nonstick skillet with cooking spray; place over medium-low heat.
- ☐ Add the onion; cook for 2 minutes, until softened, stirring.
- ☐ Add the curry paste, cumin, and cinnamon; cook for 30 seconds, stirring to dissolved the paste.
- ☐ Add the sweet potato; cook for 2 minutes, stirring to coat.
- ☐ Pour in the milk. Simmer for 12 minutes, until the sweet potato is tender, stirring often and adding more milk if the mixture dries out.
- ☐ Transfer to a food processor or blender.
- ☐ Add the yogurt and lime juice; process until smooth. Season with salt and pepper.
- ☐ Serve with the warm bread.
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- ☐ done

Nutrition Facts



Properties

Glycemic Index:64.13, Glycemic Load:15.94, Inflammation Score:-10, Nutrition Score:17.237826222959%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 199.62kcal (9.98%), Fat: 0.48g (0.74%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 40.31g (13.44%), Net Carbohydrates: 35.5g (12.91%), Sugar: 16.2g (18%), Cholesterol: 3.98mg (1.33%), Sodium: 358.27mg (15.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.22g (18.44%), Vitamin A: 20508.26IU (410.17%), Calcium: 299.44mg (29.94%), Phosphorus: 269.52mg (26.95%), Potassium: 828.77mg (23.68%), Manganese: 0.46mg (22.79%), Vitamin B2: 0.36mg (21.02%), Vitamin B6: 0.41mg (20.37%), Fiber: 4.8g (19.21%), Vitamin B5: 1.88mg (18.83%), Magnesium: 62.23mg (15.56%), Vitamin B12: 0.91µg (15.11%), Vitamin B1: 0.2mg (13.59%), Copper: 0.24mg (11.93%), Zinc: 1.5mg (9.97%), Vitamin C: 6.9mg (8.37%), Iron: 1.35mg (7.49%), Selenium: 5.02µg (7.17%), Folate: 28.67µg (7.17%), Vitamin D: 1.01µg (6.74%), Vitamin B3: 1.03mg (5.14%), Vitamin K: 2.88µg (2.74%), Vitamin E: 0.41mg (2.7%)