



36%  
HEALTH SCORE

## Curried Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



65 min.

SERVINGS



6

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 teaspoon chili powder
- 0.5 teaspoon cumin seeds
- 1 tablespoon curry powder
- 1 eggplant cubed
- 0.3 cup cilantro leaves fresh chopped
- 0.5 teaspoon turmeric
- 3 jalapeno minced seeded
- 3 tablespoons olive oil

- 0.5 teaspoon salt
- 3 tomatoes diced
- 4 yukon gold potatoes cubed

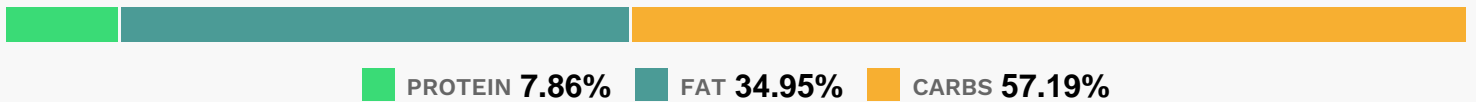
## Equipment

- dutch oven

## Directions

- In a Dutch oven or large pot over medium heat, heat oil with curry powder and cumin until aromatic. Stir in eggplant, jalapenos, potatoes, tomatoes, salt, chili powder and turmeric. Cover and cook 30 to 45 minutes, adding water if necessary to maintain a stew-like consistency.
- Sprinkle with cilantro before serving.

## Nutrition Facts



## Properties

Glycemic Index:38.46, Glycemic Load:15.89, Inflammation Score:-9, Nutrition Score:12.715652045996%

## Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

## Nutrients (% of daily need)

Calories: 186.42kcal (9.32%), Fat: 7.61g (11.7%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 28.01g (9.34%), Net Carbohydrates: 21.83g (7.94%), Sugar: 5.54g (6.15%), Cholesterol: 0mg (0%), Sodium: 209.45mg (9.11%), Alcohol: 0g (100%), Protein: 3.85g (7.7%), Vitamin C: 41.08mg (49.8%), Vitamin B6: 0.5mg (24.83%), Manganese: 0.5mg (24.75%), Fiber: 6.18g (24.71%), Potassium: 844.5mg (24.13%), Vitamin K: 18.46µg (17.59%), Vitamin E: 2.14mg (14.28%), Vitamin A: 713.96IU (14.28%), Magnesium: 48.47mg (12.12%), Folate: 48.12µg (12.03%), Copper: 0.24mg (11.88%), Vitamin B3: 2.22mg (11.11%), Phosphorus: 105.09mg (10.51%), Vitamin B1: 0.15mg (10.05%), Iron: 1.8mg (10%), Vitamin B5: 0.63mg (6.32%), Vitamin B2: 0.09mg (5.15%), Zinc: 0.63mg (4.21%), Calcium: 35.28mg (3.53%),

Selenium: 0.82µg (1.18%)