



## Curried Vegetables



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



343 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 pound baking potato cubed peeled
- ☐ 1 cup carrots diagonally sliced
- ☐ 0.3 cup cashew pieces unsalted chopped
- ☐ 2 cups cauliflower florets
- ☐ 6 cups rice hot cooked
- ☐ 1 tablespoon curry powder
- ☐ 0.3 cup cilantro leaves fresh coarsely chopped
- ☐ 1 tablespoon ginger fresh grated peeled

- ☐ 1 garlic clove minced
- ☐ 2 cups green beans diagonally sliced (1-inch)
- ☐ 1 cup yogurt plain low-fat
- ☐ 0.5 cup no-salt-added chicken broth
- ☐ 0.5 cup onion coarsely chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons vegetable oil

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

## Directions

- ☐ Layer carrot, potato, cauliflower, and green beans in a vegetable steamer over boiling water. Cover; steam 10 minutes or until vegetables are tender. Set aside.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add chopped onion, and saute until golden.
- ☐ Add ginger and garlic, and saute 1 minute.
- ☐ Add curry powder, and stir well.
- ☐ Add broth, and bring to a boil.
- ☐ Remove from heat, and set aside.
- ☐ Combine yogurt, salt, and pepper in a small bowl; stir well. Gradually add about half of hot broth mixture to yogurt mixture, stirring constantly with a whisk. Stir yogurt mixture into remaining broth mixture in pan.
- ☐ Add steamed vegetables to skillet, tossing gently to coat.
- ☐ Serve vegetable mixture over rice; sprinkle with cashews and cilantro.

## Nutrition Facts



 PROTEIN **12.06%**  FAT **13.26%**  CARBS **74.68%**

Properties

Glycemic Index:80.8, Glycemic Load:55.65, Inflammation Score:-10, Nutrition Score:19.379130632981%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 342.77kcal (17.14%), Fat: 5.1g (7.84%), Saturated Fat: 1.26g (7.91%), Carbohydrates: 64.58g (21.53%), Net Carbohydrates: 60.4g (21.96%), Sugar: 7g (7.78%), Cholesterol: 2.45mg (0.82%), Sodium: 260.91mg (11.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.43g (20.86%), Vitamin A: 3893.54IU (77.87%), Manganese: 1.14mg (56.84%), Vitamin C: 25.8mg (31.27%), Vitamin K: 31.61µg (30.1%), Vitamin B6: 0.5mg (25.04%), Phosphorus: 230.27mg (23.03%), Selenium: 15.19µg (21.69%), Potassium: 651.97mg (18.63%), Magnesium: 71.96mg (17.99%), Copper: 0.35mg (17.44%), Fiber: 4.18g (16.71%), Vitamin B5: 1.41mg (14.07%), Folate: 55.66µg (13.91%), Calcium: 135.84mg (13.58%), Zinc: 1.88mg (12.56%), Vitamin B2: 0.21mg (12.26%), Vitamin B1: 0.17mg (11.64%), Iron: 2.01mg (11.18%), Vitamin B3: 2.11mg (10.57%), Vitamin E: 0.78mg (5.2%), Vitamin B12: 0.25µg (4.14%)