



Curried Vegetables With Coconut

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



428 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup carrots thinly sliced
- 0.3 teaspoon ground pepper
- 2 tablespoons cilantro leaves
- 1 tablespoon ginger fresh grated peeled
- 3 garlic clove minced
- 0.5 lb green beans cut in one-inch lengths
- 2 bell pepper green cut in strips
- 1 to 2 chilies slit green hot minced

- 1 cup spring onion sliced
- 1 teaspoon mustard seeds
- 0.5 cup onion chopped
- 0.5 cup pepper sliced
- 1.5 teaspoons salt
- 2 teaspoons sugar
- 1 teaspoon turmeric
- 1 cup coconut flakes unsweetened flaked
- 1 cup coconut flakes unsweetened flaked
- 0.3 cup vegetable oil
- 2 cups water
- 2.3 cups yogurt

Equipment

- pot
- wok

Directions

- Heat the oil in a large, heavy bottomed pot, or a wok, and saute the garlic, ginger, and onions until the onions begin to show color.
- Add the mustard seeds, coriander, turmeric, and cayenne, and stir over medium heat for about 2 minutes.
- Add the carrots, green beans, green onions, bell peppers, and hot chiles and stir fry the spices for a few minutes, then add the coconut, water, salt, and sugar. Stir well, cover and simmer for about 20 minutes.
- Remove the lid and continue simmering, stirring often, until the liquid is reduced by over half. Stir in the pimento strips and yogurt, cook a few minutes more over high heat and taste. Correct the seasonings, if necessary, and serve.

Nutrition Facts



■ PROTEIN 7.99% ■ FAT 61.27% ■ CARBS 30.74%

Properties

Glycemic Index:66.15, Glycemic Load:6.46, Inflammation Score:-10, Nutrition Score:28.870434828427%

Flavonoids

Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg

Nutrients (% of daily need)

Calories: 428.31kcal (21.42%), Fat: 31.6g (48.62%), Saturated Fat: 19.95g (124.72%), Carbohydrates: 35.68g (11.89%), Net Carbohydrates: 22.66g (8.24%), Sugar: 12.47g (13.85%), Cholesterol: 12.39mg (4.13%), Sodium: 690.62mg (30.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.27g (18.55%), Manganese: 3.57mg (178.51%), Vitamin K: 106.39µg (101.33%), Vitamin A: 4384.09IU (87.68%), Vitamin C: 44.43mg (53.86%), Fiber: 13.02g (52.07%), Copper: 0.6mg (30.17%), Calcium: 257.85mg (25.78%), Potassium: 871.94mg (24.91%), Magnesium: 95.63mg (23.91%), Phosphorus: 227.86mg (22.79%), Iron: 4mg (22.21%), Vitamin B6: 0.4mg (20.07%), Vitamin B2: 0.28mg (16.72%), Selenium: 10.01µg (14.3%), Folate: 47.55µg (11.89%), Vitamin E: 1.73mg (11.57%), Zinc: 1.73mg (11.51%), Vitamin B5: 1.1mg (11.01%), Vitamin B1: 0.16mg (10.47%), Vitamin B3: 1.32mg (6.58%), Vitamin B12: 0.35µg (5.88%)