



## Dinner Tonight: Corn, Tomato, and Potato Curry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 teaspoon mustard seeds shopping list black
- ☐ 4 servings ground pepper to taste
- ☐ 4 tablespoons cilantro leaves chopped
- ☐ 3 ounces coconut milk
- ☐ 2.5 teaspoons cumin seeds
- ☐ 2 cups ears corn fresh
- ☐ 1 clove garlic minced

- ☐ 1 to 2 chilies slit fresh green hot to taste
- ☐ 1 tablespoon juice of lemon
- ☐ 3 tablespoons mint leaves chopped
- ☐ 0.8 teaspoon salt
- ☐ 1 medium tomatoes cut into 1/4 inch dice
- ☐ 3 tablespoons vegetable oil
- ☐ 1 medium potato cooked cut into 1/4 inch dice

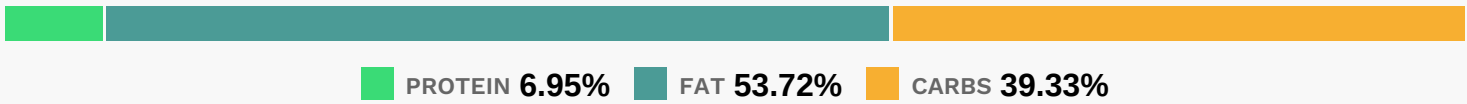
## Equipment

- ☐ frying pan

## Directions

- ☐ In a large (12-inch) non-stick skillet, heat the oil over medium-high heat until shimmering.
- ☐ Add the mustard seeds and 1/2 teaspoon of the cumin seeds. Cook until the mustard seeds begin to pop, add the garlic and potatoes. Cook, stirring often, until the potatoes turn golden.
- ☐ Add the tomato, cilantro, mint, and green chile. Cook for 1-2 minutes longer, then add the corn and stir to combine.
- ☐ Add coconut milk, salt, and lemon juice. Stir and bring to a simmer, then cover and cook until the corn is cooked through.
- ☐ In the meantime, toast the remaining cumin seeds in a dry skillet over high heat until fragrant and darkening in color, but not yet burned. Stir the toasted cumin seeds into the corn mixture and season with black pepper and cayenne to taste.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:58.5, Glycemic Load:1.17, Inflammation Score:-8, Nutrition Score:12.454347797062%

## Flavonoids

Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 257.86kcal (12.89%), Fat: 16.66g (25.63%), Saturated Fat: 5.94g (37.15%), Carbohydrates: 27.44g (9.15%), Net Carbohydrates: 23.28g (8.47%), Sugar: 6.77g (7.53%), Cholesterol: 0mg (0%), Sodium: 502.51mg (21.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Vitamin A: 1430.23IU (28.6%), Manganese: 0.54mg (27.12%), Vitamin K: 25.9µg (24.66%), Vitamin C: 19.92mg (24.15%), Potassium: 653.47mg (18.67%), Fiber: 4.15g (16.62%), Magnesium: 64.23mg (16.06%), Iron: 2.79mg (15.5%), Phosphorus: 144.38mg (14.44%), Folate: 55.77µg (13.94%), Vitamin B6: 0.26mg (13.04%), Vitamin B1: 0.19mg (12.98%), Vitamin B3: 2.54mg (12.7%), Vitamin E: 1.73mg (11.53%), Copper: 0.21mg (10.66%), Vitamin B5: 0.76mg (7.56%), Zinc: 0.87mg (5.79%), Vitamin B2: 0.1mg (5.75%), Calcium: 40.51mg (4.05%), Selenium: 1.84µg (2.63%)