



Fall Vegetable Curry

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 cup cauliflower florets
- ☐ 2 teaspoons madras curry powder
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1.5 teaspoons olive oil
- ☐ 0.5 cup greek yogurt plain 2% reduced-fat
- ☐ 0.3 teaspoon salt

- ☐ 1 cup sweet potatoes and into diced peeled
- ☐ 0.5 cup vegetable broth organic (such as Swanson)
- ☐ 0.3 cup onion yellow thinly sliced

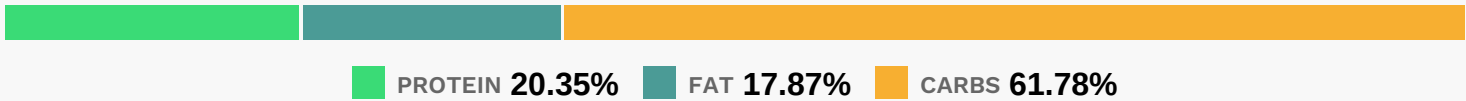
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add sweet potato to pan; saut 3 minutes. Decrease heat to medium.
- ☐ Add cauliflower, onion, and curry powder; cook 1 minute, stirring mixture constantly.
- ☐ Add broth and next 3 ingredients (through tomatoes); bring to a boil. Cover, reduce heat, and simmer 10 minutes or until vegetables are tender, stirring occasionally.
- ☐ Sprinkle with cilantro; serve with yogurt.
- ☐ Wine match: Viognier. Tagent 2008 Paragon Vineyard Viognier (Edna Valley, CA; \$1
- ☐ is your must-try wine here, with notes of gardenia, peach, and apricot. It is full-bodied enough to meet the chickpeas halfway but crisp enough to hold up to the tangy tomatoes and yogurt.
--Sara Schneider

Nutrition Facts



Properties

Glycemic Index:69.33, Glycemic Load:9.93, Inflammation Score:-10, Nutrition Score:20.658695677052%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 198.56kcal (9.93%), Fat: 4.19g (6.44%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 32.57g (10.86%), Net Carbohydrates: 23.94g (8.71%), Sugar: 7.91g (8.79%), Cholesterol: 1.25mg (0.42%), Sodium: 729.87mg (31.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.47%), Vitamin A: 5041.2IU (100.82%), Manganese: 1.24mg (62.07%), Vitamin B6: 0.81mg (40.61%), Fiber: 8.64g (34.54%), Vitamin C: 23.32mg (28.26%), Copper: 0.43mg (21.38%), Potassium: 707.36mg (20.21%), Phosphorus: 185.05mg (18.5%), Iron: 3.3mg (18.33%), Magnesium: 67.67mg (16.92%), Folate: 63.16µg (15.79%), Calcium: 122.69mg (12.27%), Vitamin E: 1.84mg (12.24%), Vitamin K: 12.48µg (11.89%), Vitamin B5: 1.13mg (11.33%), Vitamin B1: 0.16mg (10.82%), Vitamin B2: 0.18mg (10.63%), Zinc: 1.37mg (9.13%), Vitamin B3: 1.81mg (9.04%), Selenium: 5.79µg (8.27%), Vitamin B12: 0.17µg (2.92%)