



Garam Masala Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

SEASONING

MARINADE

Ingredients

- 1 cup matchstick-cut carrots
- 14.5 ounce canned tomatoes diced with garlic and onion, undrained canned
- 0.3 cup cilantro leaves fresh packed
- 2 teaspoons garam masala
- 0.3 teaspoon ground turmeric
- 1 cup peas green frozen
- 1.5 pounds potatoes red cut into large chunks
- 0.3 teaspoon salt

- 1 cup vegetable broth
- 3 tablespoons vegetable oil

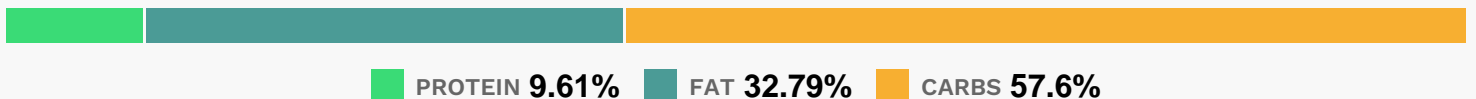
Equipment

- bowl
- plastic wrap
- microwave
- dutch oven

Directions

- Place potato in a microwave-safe bowl; cover with heavy-duty plastic wrap. Microwave at HIGH 3 minutes or until almost done.
- Heat oil in a Dutch oven over medium heat.
- Add garam masala and turmeric; saut 45 seconds or until spices are toasted.
- Add potato; cook 2 minutes or until potato begins to brown. Stir in tomatoes; cook 3 minutes or until mixture begins to thicken. Stir in carrots, peas, and broth. Bring to a boil; reduce heat, and simmer, uncovered, 4 minutes or until vegetables are tender. Stir in salt and cilantro.

Nutrition Facts



Properties

Glycemic Index:41.08, Glycemic Load:3.85, Inflammation Score:-10, Nutrition Score:22.365217353987%

Flavonoids

Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 290.29kcal (14.51%), Fat: 11.06g (17.01%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 43.7g (14.57%), Net Carbohydrates: 35.62g (12.95%), Sugar: 10.81g (12.01%), Cholesterol: 0mg (0%), Sodium: 574.58mg (24.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.58%), Vitamin A: 5115.59IU (102.31%), Vitamin C: 39.72mg (48.14%), Vitamin K: 44.25µg (42.14%), Potassium: 1247.74mg (35.65%), Fiber: 8.08g (32.32%), Manganese: 0.64mg (31.96%), Vitamin B6: 0.54mg (27.1%), Copper: 0.51mg (25.75%), Vitamin B1: 0.32mg (21.45%),

Vitamin B3: 4.16mg (20.82%), Iron: 3.47mg (19.27%), Folate: 76.85µg (19.21%), Phosphorus: 185.57mg (18.56%), Magnesium: 73.64mg (18.41%), Vitamin E: 2.21mg (14.75%), Vitamin B2: 0.17mg (9.85%), Vitamin B5: 0.93mg (9.32%), Zinc: 1.35mg (9.02%), Calcium: 72.24mg (7.22%), Selenium: 2.42µg (3.46%)