



Green Apple Curry



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 Tbsp vegetable oil
- ☐ 2 large garlic cloves smashed roughly chopped
- ☐ 0.3 cup onion finely chopped
- ☐ 2 Tbsp curry powder yellow
- ☐ 2 Tbsp water
- ☐ 1 teaspoon butter
- ☐ 4 tart granny smith apples green cored roughly chopped (peel ON)
- ☐ 1 teaspoon kosher salt

- ☐ 1.5 cups water
- ☐ 1 Tbsp brown sugar packed

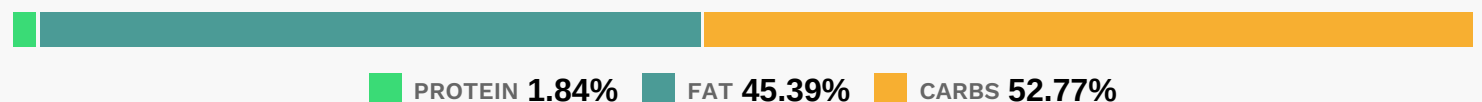
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Infuse the oil with garlic:
- ☐ Heat the oil in a large sauté pan on medium heat.
- ☐ Add the garlic and let cook until the garlic starts to get browned. Use a slotted spoon to remove the garlic from the oil. Discard (or eat as a snack) the garlic.
- ☐ Add the chopped onions to the pan and let cook until translucent (about 4 minutes).
- ☐ Make curry paste, add to onions, add butter: While the onions are cooking, in a small bowl, mix together the curry powder and 2 tablespoons of water. Stir with a spoon until you have a smooth, thin paste. Once the onions are translucent, stir in the curry paste.
- ☐ Let bubble and cook for 1 minute. Stir in the butter.
- ☐ Add the chopped apples and salt to the pan.
- ☐ Add 1 1/2 cups of water, or enough water to just almost cover the apples. Stir in the brown sugar.
- ☐ Simmer until thickened and cooked through: Bring to a boil and reduce to a simmer.
- ☐ Let cook, uncovered, on a low simmer for 30 minutes, until thickened and cooked through.
- ☐ Add more water if needed if the mixture starts to stick to the pan.
- ☐ Traditionally served with soft roti bread. In place of roti you can serve it with a warmed flour tortilla, pita bread, or over rice.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:7.02, Inflammation Score:-4, Nutrition Score:6.1582608239158%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg

Nutrients (% of daily need)

Calories: 221.64kcal (11.08%), Fat: 11.98g (18.42%), Saturated Fat: 2.33g (14.53%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 25.71g (9.35%), Sugar: 22.36g (24.85%), Cholesterol: 2.69mg (0.9%), Sodium: 599.17mg (26.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Vitamin K: 26.06µg (24.82%), Fiber: 5.62g (22.46%), Vitamin E: 1.89mg (12.58%), Vitamin C: 9.94mg (12.05%), Manganese: 0.24mg (12.01%), Potassium: 268.37mg (7.67%), Vitamin B6: 0.14mg (7.14%), Iron: 1.23mg (6.81%), Copper: 0.1mg (5.02%), Magnesium: 19.75mg (4.94%), Calcium: 37.03mg (3.7%), Phosphorus: 36.63mg (3.66%), Vitamin B2: 0.06mg (3.59%), Vitamin A: 160.91IU (3.22%), Vitamin B1: 0.05mg (3.1%), Folate: 12.32µg (3.08%), Zinc: 0.25mg (1.65%), Vitamin B3: 0.3mg (1.5%), Vitamin B5: 0.14mg (1.38%), Selenium: 0.85µg (1.22%)