

Indian Peas with Cauliflower



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



225 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 teaspoon curry powder
- ☐ 2 pepper flakes seeded finely chopped
- ☐ 1 pound cauliflower florets
- ☐ 0.3 cup chicken broth
- ☐ 2 cups peas green frozen
- ☐ 15 ounces black beans rinsed drained canned

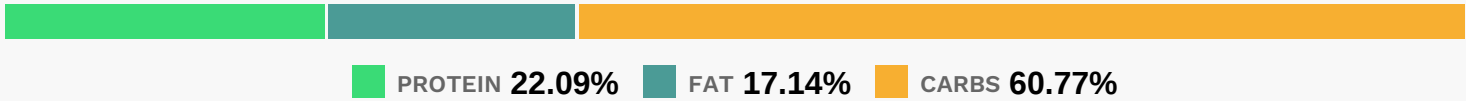
Equipment

☐ frying pan

Directions

- ☐ Heat oil in 10-inch skillet over medium-high heat. Cook curry powder and chilies in oil 2 minutes, stirring occasionally.
- ☐ Stir in cauliflowerets and broth. Cover and cook 3 to 4 minutes or until cauliflowerets are tender.
- ☐ Stir in peas and beans. Cook about 5 minutes, stirring occasionally, until hot.

Nutrition Facts



Properties

Glycemic Index:31.58, Glycemic Load:4.62, Inflammation Score:-8, Nutrition Score:23.751304203563%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 225.38kcal (11.27%), Fat: 4.51g (6.95%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 36.02g (12.01%), Net Carbohydrates: 21.78g (7.92%), Sugar: 7.55g (8.38%), Cholesterol: 0.29mg (0.1%), Sodium: 502.65mg (21.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.1g (26.19%), Vitamin C: 118.92mg (144.14%), Fiber: 14.24g (56.96%), Folate: 182.56µg (45.64%), Vitamin K: 45.46µg (43.29%), Manganese: 0.79mg (39.55%), Vitamin B1: 0.42mg (27.93%), Potassium: 926.21mg (26.46%), Phosphorus: 255.02mg (25.5%), Vitamin B6: 0.51mg (25.46%), Iron: 3.95mg (21.96%), Magnesium: 84.74mg (21.18%), Copper: 0.41mg (20.56%), Vitamin B2: 0.32mg (18.87%), Vitamin A: 778.3IU (15.57%), Vitamin B3: 3.08mg (15.39%), Zinc: 1.87mg (12.46%), Vitamin B5: 1.07mg (10.74%), Calcium: 86.41mg (8.64%), Selenium: 3.62µg (5.18%), Vitamin E: 0.73mg (4.89%)