



WHATSheATE



Keralan vegetable curry



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



298 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 kg eggplant prepared cut into chunks
- ☐ 2 tsp turmeric
- ☐ 5 small to 2 chilies slit whole split green chopped
- ☐ 1 tsp ground cumin
- ☐ 1 tsp ground coriander
- ☐ 200 g coconut flakes freshly grated (see step-by-step prep guide)
- ☐ 1 small onion chopped
- ☐ 10 curry leaves

☐ 150 ml yogurt plain

Equipment

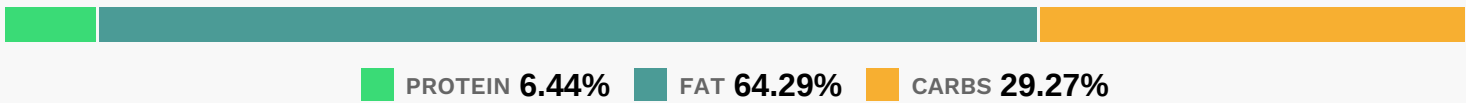
☐ food processor

☐ sauce pan

Directions

- ☐ Place all the vegetables in a saucepan and cover with 500ml water.
- ☐ Add the turmeric and a pinch of salt and bring to the boil. Simmer for 20–25 mins until tender.
- ☐ Meanwhile, blend 4 chillies, the cumin, coriander, half the coconut, the onion and some seasoning in a food processor.
- ☐ When the vegetables are tender, add the paste, curry leaves and remaining chilli and simmer for 5 mins. Stir in the yogurt and very gently simmer for 1 min. Scatter with remaining coconut and serve.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:1.93, Inflammation Score:-10, Nutrition Score:21.289565440753%

Flavonoids

Delphinidin: 142.82mg, Delphinidin: 142.82mg, Delphinidin: 142.82mg, Delphinidin: 142.82mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 297.89kcal (14.89%), Fat: 22.87g (35.19%), Saturated Fat: 19.71g (123.17%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 11.19g (4.07%), Sugar: 11.31g (12.57%), Cholesterol: 3.37mg (1.12%), Sodium: 153.86mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Vitamin B3: 20.54mg (102.71%), Manganese: 1.39mg (69.66%), Folate: 239.85µg (59.96%), Vitamin C: 43.27mg (52.45%), Fiber: 12.24g (48.95%), Copper: 0.42mg (20.91%), Potassium: 648.11mg (18.52%), Magnesium: 61.6mg (15.4%), Phosphorus: 141.98mg (14.2%), Vitamin B6: 0.28mg (13.85%), Iron: 2.11mg (11.72%), Selenium: 7.42µg (10.6%), Vitamin B5: 0.85mg (8.5%), Vitamin B2: 0.14mg (8.25%), Zinc: 1.17mg (7.82%), Calcium: 71.16mg (7.12%), Vitamin B1: 0.1mg (6.83%), Vitamin K: 6.15µg

(5.86%), Vitamin E: 0.7mg (4.66%), Vitamin A: 131.43IU (2.63%), Vitamin B12: 0.1µg (1.6%)