



Malaysian Potatoes and Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



384 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 cup coconut milk
- ☐ 2 tablespoons madras curry powder
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 2 pounds bliss potatoes red
- ☐ 2 teaspoons salt
- ☐ 1 tablespoon shallots minced

- ☐ 2 cups vegetable broth
- ☐ 1 tablespoon vegetable oil
- ☐ 1 onion yellow minced
- ☐ 1 pound young fresh trimmed

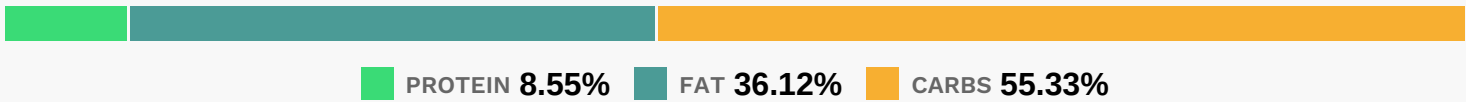
Equipment

- ☐ wok

Directions

- ☐ Wash the potatoes under cold running water. Peel and cut into 2-inch chunks.
- ☐ In a carbon-steel wok, heat the oil over medium heat until just smoking.
- ☐ Add the shallots, onion, garlic, and ginger, and stir-fry for 5 minutes, or until the onion is wilted.
- ☐ Add the curry and cook for 30 seconds, until aromatic.
- ☐ Add the coconut milk, broth, potatoes, salt, and pepper. Bring to a simmer and cook over low heat until the potatoes are tender, about 15 to 20 minutes.
- ☐ Add the green beans and cook for another 10 minutes, or until the beans are just done.

Nutrition Facts



Properties

Glycemic Index:102.69, Glycemic Load:34.4, Inflammation Score:-9, Nutrition Score:25.252608931583%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 10.29mg, Quercetin: 10.29mg, Quercetin: 10.29mg, Quercetin: 10.29mg

Nutrients (% of daily need)

Calories: 384.46kcal (19.22%), Fat: 16.39g (25.21%), Saturated Fat: 11.41g (71.33%), Carbohydrates: 56.48g (18.83%), Net Carbohydrates: 46.69g (16.98%), Sugar: 7.96g (8.84%), Cholesterol: 0mg (0%), Sodium: 1664.04mg (72.35%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.44%), Vitamin C: 62.21mg (75.41%), Manganese: 1.29mg (64.66%), Vitamin K: 63.29µg (60.28%), Vitamin B6: 0.94mg (47.19%), Potassium: 1433.33mg (40.95%), Fiber: 9.79g (39.15%), Iron: 5.87mg (32.62%), Magnesium: 119.41mg (29.85%), Copper: 0.5mg (25.13%), Phosphorus: 250.23mg (25.02%), Folate: 92.64µg (23.16%), Vitamin A: 1070.36IU (21.41%), Vitamin B1: 0.31mg (20.84%), Vitamin B3: 3.75mg (18.76%), Vitamin B2: 0.21mg (12.35%), Vitamin B5: 1.07mg (10.73%), Calcium: 106.86mg (10.69%), Zinc: 1.46mg (9.71%), Vitamin E: 1.44mg (9.62%), Selenium: 2.29µg (3.28%)