



Mixed Vegetable Curry (Sayur Kari)



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.8 cup diagonally cut carrot
- ☐ 0.5 teaspoon curry powder
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 4 ounces mushroom caps fresh stemmed halved
- ☐ 2 teaspoons galangal fresh grated peeled
- ☐ 2 teaspoons garlic minced
- ☐ 1 cup cut green beans 2-inch

- ☐ 2 kaffir lime leaves crushed
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons lemongrass fresh peeled chopped 2 stalks
- ☐ 1.5 cups coconut milk light
- ☐ 8 ounces okra pods fresh
- ☐ 0.5 cup shallots minced 2 large
- ☐ 3 tablespoons tamarind concentrate
- ☐ 2 tablespoons thai chiles red minced seeded 2 chiles
- ☐ 1 cup vegetable broth organic such as Swanson Certified

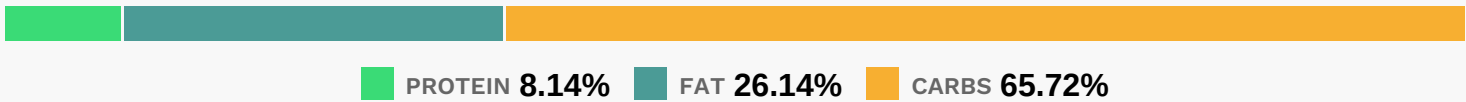
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium heat. Coat pan with cooking spray.
- ☐ Add shallots and garlic to pan, and cook for 3 minutes or until fragrant, stirring frequently.
- ☐ Add lemongrass, red Thai chiles, ginger, and galangal to pan; cook 3 minutes, stirring frequently.
- ☐ Add curry powder to pan; cook 2 minutes, stirring frequently.
- ☐ Add coconut milk and remaining ingredients to pan; bring to a boil. Partially cover, reduce heat, and simmer 20 minutes. Uncover and simmer 10 minutes or until vegetables are tender. Discard lime leaves.

Nutrition Facts



Properties

Glycemic Index:86.71, Glycemic Load:8.65, Inflammation Score:-10, Nutrition Score:18.388695509537%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 13.8mg, Quercetin: 13.8mg, Quercetin: 13.8mg, Quercetin: 13.8mg

Nutrients (% of daily need)

Calories: 183.6kcal (9.18%), Fat: 5.54g (8.52%), Saturated Fat: 5.08g (31.76%), Carbohydrates: 31.33g (10.44%), Net Carbohydrates: 25.59g (9.31%), Sugar: 14.36g (15.95%), Cholesterol: 0mg (0%), Sodium: 767.19mg (33.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Vitamin A: 4824.99IU (96.5%), Vitamin C: 39.14mg (47.44%), Manganese: 0.88mg (44.07%), Vitamin K: 34.65µg (33%), Fiber: 5.74g (22.97%), Vitamin B6: 0.43mg (21.68%), Potassium: 625.99mg (17.89%), Magnesium: 70.06mg (17.52%), Folate: 67.22µg (16.81%), Vitamin B1: 0.24mg (15.82%), Vitamin B3: 2.52mg (12.62%), Phosphorus: 126.05mg (12.6%), Iron: 1.94mg (10.76%), Vitamin B2: 0.17mg (10.29%), Copper: 0.2mg (9.91%), Calcium: 94.76mg (9.48%), Vitamin B5: 0.82mg (8.15%), Zinc: 0.99mg (6.57%), Selenium: 3.07µg (4.38%), Vitamin E: 0.56mg (3.72%)