



## Mixed Vegetables with Coconut Sauce (Aviyal)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



216 kcal

SIDE DISH

### Ingredients

- 2 medium carrots cut into 2- by 1/4-inch sticks ( 2 cups)
- 0.1 teaspoon ground pepper
- 1 tablespoon coconut oil
- 15 curry leaves fresh
- 1 small to 2 chilies slit fresh green such as serrano, thai, or jalapeño, slit lengthwise with stem end intact
- 1 teaspoon ground cumin
- 0.1 teaspoon turmeric
- 0.5 cup peas frozen

- 1 cup yogurt plain greek-style (not )
- 2 medium potato boiling peeled cut into 2- by 1/4-inch sticks ( 2 cups)
- 0.1 teaspoon pepper red hot
- 1.3 teaspoons salt
- 1 cup coconut flakes dried unsweetened grated
- 1.8 cups water divided
- 1 medium zucchini peeled cut into 2- by 1/4-inch sticks ( 2 cups)

## Equipment

- food processor
- pot
- blender

## Directions

- Bring potatoes, carrots, chile, red pepper flakes, turmeric, 1 cup water, and salt to a boil in a 3- to 4-quart heavy pot, then simmer briskly, uncovered, until vegetables are almost tender, about 5 minutes.
- Add zucchini and peas and simmer 1 minute more.
- Meanwhile, blend coconut, cumin, cayenne, and remaining 3/4 cup water in a blender or food processor to a medium-fine paste.
- Add coconut mixture to vegetable mixture along with yogurt. Simmer, uncovered, stirring occasionally, until vegetables are tender and flavors have blended, 12 to 15 minutes. If mixture becomes too thick to simmer, add more water.
- Serve sprinkled with curry leaves and drizzled with coconut oil, if desired.
- Indian ingredients can be mail-ordered from [Kalustyans.com](http://Kalustyans.com).•Chile can be removed during cooking when aviyal is spicy enough for your taste.•Aviyal can be made 1 day ahead and chilled (add curry leaves and coconut oil just before serving).

## Nutrition Facts



**PROTEIN 8.98%** **FAT 52.04%** **CARBS 38.98%**

## Properties

Glycemic Index:31.53, Glycemic Load:1.59, Inflammation Score:-10, Nutrition Score:23.430869508049%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 216.24kcal (10.81%), Fat: 13.19g (20.29%), Saturated Fat: 10.96g (68.52%), Carbohydrates: 22.22g (7.41%), Net Carbohydrates: 16.72g (6.08%), Sugar: 6.59g (7.32%), Cholesterol: 5.31mg (1.77%), Sodium: 568.22mg (24.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.24%), Vitamin B3: 30.31mg (151.54%), Vitamin C: 69.37mg (84.09%), Folate: 330.33µg (82.58%), Vitamin A: 3728.48IU (74.57%), Manganese: 0.65mg (32.3%), Fiber: 5.5g (21.99%), Potassium: 651.84mg (18.62%), Phosphorus: 146.6mg (14.66%), Vitamin B6: 0.28mg (14.1%), Copper: 0.28mg (13.78%), Magnesium: 48.26mg (12.06%), Vitamin B1: 0.14mg (9.43%), Vitamin B2: 0.16mg (9.25%), Calcium: 91.3mg (9.13%), Iron: 1.63mg (9.08%), Vitamin K: 9.38µg (8.94%), Zinc: 1.09mg (7.3%), Vitamin B5: 0.61mg (6.05%), Selenium: 4.21µg (6.01%), Vitamin B12: 0.15µg (2.52%), Vitamin E: 0.33mg (2.18%)