

Navratan Korma



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



419 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 0.5 cup carrots chopped
- ☐ 1 teaspoon cayenne pepper
- ☐ 0.5 cup green beans fresh chopped
- ☐ 1 teaspoon garam masala
- ☐ 0.5 teaspoon ginger/garlic paste
- ☐ 0.5 teaspoon ginger paste
- ☐ 0.5 cup bell pepper green chopped

- ☐ 0.5 cup peas green
- ☐ 2 teaspoons ground coriander
- ☐ 0.5 teaspoon ground turmeric
- ☐ 0.3 cup heavy cream
- ☐ 0.3 cup milk
- ☐ 0.3 cup nuts mixed (cashews, pistachios, almonds)
- ☐ 1 medium onion grated
- ☐ 4 ounces paneer cubed
- ☐ 1 cup potatoes chopped
- ☐ 0.3 cup raisins
- ☐ 4 servings salt to taste
- ☐ 3 tablespoons vegetable oil divided
- ☐ 1 cup water

Equipment

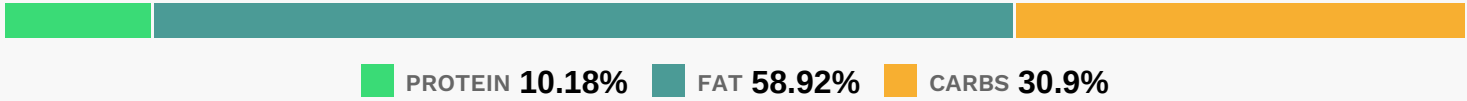
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat 1 tablespoon oil in a large skillet over medium heat.
- ☐ Place mixed nuts in the skillet, cook and stir until golden brown, and set aside. Stir onion into the skillet, and cook until tender.
- ☐ Mix in garlic paste and ginger paste, and cook 1 minute. Stir in tomato sauce, cayenne pepper, turmeric, coriander, and garam masala.
- ☐ Pour in water, and mix in raisins, carrots, green bell pepper, beans, peas, and potatoes. Bring to a boil. Reduce heat to low, and simmer 20 minutes, until potatoes are tender.
- ☐ Heat remaining oil in a separate skillet over medium-high heat, and cook the paneer on both sides, until golden brown.
- ☐ Drain on paper towels.

- ☐
- Place in a bowl with enough hot water to cover for about 2 minutes to soften, then stir into the skillet with the vegetables.
- ☐
- Stir milk and cream into the skillet with the vegetables and paneer. Bring to a boil, and continue cooking 2 to 3 minutes. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:121.18, Glycemic Load:14.3, Inflammation Score:-10, Nutrition Score:19.496087115744%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg

Nutrients (% of daily need)

Calories: 419.32kcal (20.97%), Fat: 28.62g (44.03%), Saturated Fat: 10.22g (63.86%), Carbohydrates: 33.77g (11.26%), Net Carbohydrates: 26.74g (9.72%), Sugar: 8.29g (9.22%), Cholesterol: 37.35mg (12.45%), Sodium: 503.87mg (21.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.12g (22.24%), Vitamin A: 3716.52IU (74.33%), Vitamin C: 43.2mg (52.36%), Vitamin K: 36.32µg (34.59%), Vitamin B6: 0.59mg (29.38%), Fiber: 7.03g (28.11%), Manganese: 0.53mg (26.68%), Potassium: 835.04mg (23.86%), Calcium: 226.59mg (22.66%), Copper: 0.38mg (19.03%), Vitamin B1: 0.27mg (17.69%), Phosphorus: 175.57mg (17.56%), Vitamin E: 2.45mg (16.36%), Magnesium: 59.82mg (14.95%), Iron: 2.5mg (13.9%), Vitamin B2: 0.2mg (12.03%), Folate: 46.69µg (11.67%), Vitamin B3: 2.22mg (11.08%), Zinc: 1.07mg (7.12%), Vitamin B5: 0.63mg (6.32%), Selenium: 2.97µg (4.25%), Vitamin D: 0.41µg (2.71%), Vitamin B12: 0.11µg (1.77%)