



## Pea and Carrot Coconut Curry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



517 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients



1 lb baby carrots halved lengthwise



1 cup rice



14.5 oz coconut milk canned



0.3 cup cilantro leaves chopped



1 tbsp madras curry powder



1 teaspoon kosher salt



1 small onion chopped



1 cup peas frozen

- ☐ 1 serrano chile  chopped
- ☐ 1 tablespoon vegetable oil

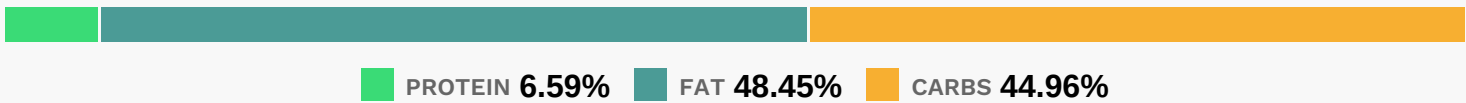
## Equipment

- ☐ frying pan

## Directions

- ☐ Cook rice according to package directions.
- ☐ Heat oil in a large frying pan over medium–high heat. Cook onion, curry powder, salt, and chile until onion is softened, about 3 minutes.
- ☐ Add carrots, coconut milk, peas, and 1/2 cup water. Simmer, covered, until carrots are tender, about 8 minutes.
- ☐ Serve over rice and sprinkle with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:42.38, Glycemic Load:24.04, Inflammation Score:-10, Nutrition Score:23.389565239782%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

## Nutrients (% of daily need)

Calories: 517.11kcal (25.86%), Fat: 28.7g (44.16%), Saturated Fat: 22.38g (139.88%), Carbohydrates: 59.92g (19.97%), Net Carbohydrates: 50.8g (18.47%), Sugar: 11.79g (13.1%), Cholesterol: 0mg (0%), Sodium: 691.49mg (30.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.78g (17.56%), Vitamin A: 16012.32IU (320.25%), Manganese: 1.86mg (93.15%), Fiber: 9.12g (36.48%), Vitamin K: 30.97µg (29.5%), Copper: 0.58mg (28.83%), Vitamin C: 22.74mg (27.57%), Phosphorus: 238.51mg (23.85%), Iron: 4.14mg (22.98%), Selenium: 15.4µg (22%), Potassium: 740.43mg (21.16%), Folate: 81.04µg (20.26%), Magnesium: 79.24mg (19.81%), Vitamin B6: 0.34mg (16.91%), Vitamin B3: 3.02mg (15.09%), Vitamin B1: 0.2mg (13.54%), Zinc: 1.94mg (12.93%), Vitamin B5: 1.18mg (11.8%), Calcium: 87.49mg (8.75%), Vitamin B2: 0.12mg (7.25%), Vitamin E: 0.92mg (6.1%)