



 **33%**
HEALTH SCORE

Potato and Pea Curry

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



385 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

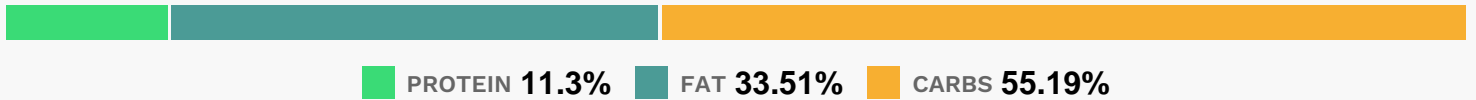
Ingredients

- 1 medium onion chopped
- 425 g canned tomatoes undrained canned
- 0.5 teaspoon ground pepper
- 0.5 teaspoon cilantro leaves
- 1 teaspoon garam masala
- 2 teaspoons garlic minced
- 0.5 cup greek yogurt
- 1 teaspoon ground cumin

- 0.5 teaspoon fennel powder
- 0.5 teaspoon turmeric
- 1 tablespoon parsley chopped
- 1 cup peas frozen
- 4 medium potatoes peeled chopped
- 60 ml vegetable oil
- 0.5 cup water

Equipment

Nutrition Facts



Properties

Glycemic Index:82.27, Glycemic Load:31.57, Inflammation Score:-10, Nutrition Score:26.543913043478%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg

Nutrients (% of daily need)

Calories: 384.82kcal (19.24%), Fat: 14.87g (22.88%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 55.09g (18.36%), Net Carbohydrates: 45.42g (16.52%), Sugar: 10.44g (11.6%), Cholesterol: 1.25mg (0.42%), Sodium: 168.82mg (7.34%), Protein: 11.28g (22.57%), Manganese: 1.74mg (86.86%), Vitamin C: 70.42mg (85.36%), Vitamin K: 60.92µg (58.02%), Vitamin B6: 0.93mg (46.52%), Potassium: 1408.04mg (40.23%), Fiber: 9.67g (38.68%), Copper: 0.52mg (26.16%), Vitamin B1: 0.37mg (24.86%), Phosphorus: 244.53mg (24.45%), Iron: 4.24mg (23.57%), Magnesium: 92.53mg (23.13%), Vitamin B3: 4.48mg (22.41%), Folate: 80.42µg (20.1%), Vitamin E: 2.64mg (17.62%), Vitamin B2: 0.26mg (15.06%), Vitamin A: 707.49IU (14.15%), Calcium: 118.29mg (11.83%), Vitamin B5: 1.09mg (10.93%), Zinc: 1.61mg (10.77%), Selenium: 4.81µg (6.88%), Vitamin B12: 0.18µg (2.92%)