



HEALTH SCORE

61%

## Pumpkin curry with chickpeas



Vegetarian



Vegan



Dairy Free



Very Healthy



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients



1 tbsp unrefined sunflower oil



3 tbsp thai curry paste yellow



2 onions finely chopped



3 large stalks lemongrass with the back of a knife



6 cardamom pods



1 tbsp mustard seed



1 kg a squash



250 ml vegetable stock

- ☐ 400 ml coconut milk reduced-fat canned
- ☐ 400 g chickpea drained and rinsed canned
- ☐ 2 limes
- ☐ 1 large handful mint leaves
- ☐ 4 servings naan bread

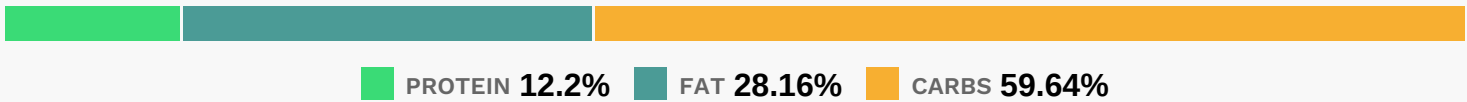
## Equipment

- ☐ frying pan

## Directions

- ☐ Heat the oil in a saut pan, then gently fry the curry paste with the onions, lemongrass, cardamom and mustard seed for 2–3 mins until fragrant. Stir the pumpkin or squash into the pan and coat in the paste, then pour in the stock and coconut milk. Bring everything to a simmer, add the chickpeas, then cook for about 10 mins until the pumpkin is tender. The curry can now be cooled and frozen for up to 1 month.
- ☐ Squeeze the juice of one lime into the curry, then cut the other lime into wedges to serve alongside. Just before serving, tear over mint leaves, then bring to the table with the lime wedges and warm naan breads.

## Nutrition Facts



## Properties

Glycemic Index:51.69, Glycemic Load:18.28, Inflammation Score:-10, Nutrition Score:30.88565250065%

## Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 14.51mg, Hesperetin: 14.51mg, Hesperetin: 14.51mg, Hesperetin: 14.51mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 4.21mg, Luteolin: 4.21mg, Luteolin: 4.21mg, Luteolin: 4.21mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg

## Nutrients (% of daily need)

Calories: 501.26kcal (25.06%), Fat: 16.2g (24.92%), Saturated Fat: 7.32g (45.73%), Carbohydrates: 77.18g (25.73%), Net Carbohydrates: 64.44g (23.43%), Sugar: 17.02g (18.92%), Cholesterol: 2.48mg (0.83%), Sodium: 544.8mg (23.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.79g (31.59%), Vitamin A: 23275.1IU (465.5%), Manganese: 2.89mg (144.71%), Folate: 237.26µg (59.31%), Fiber: 12.75g (50.99%), Vitamin C: 39.92mg (48.38%), Potassium: 1387.69mg (39.65%), Iron: 7.03mg (39.07%), Copper: 0.77mg (38.38%), Phosphorus: 330.45mg (33.05%), Vitamin E: 4.6mg (30.68%), Magnesium: 105.76mg (26.44%), Vitamin B2: 0.39mg (22.76%), Zinc: 3.04mg (20.28%), Vitamin B1: 0.3mg (20.21%), Vitamin B6: 0.4mg (19.77%), Calcium: 186.06mg (18.61%), Vitamin B3: 2.41mg (12.03%), Vitamin B5: 1.19mg (11.93%), Selenium: 8.22µg (11.74%), Vitamin K: 7.45µg (7.09%)