



Pumpkin with Coconut and Curry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

SIDE DISH

Ingredients

- ☐ 1 can coconut milk
- ☐ 0.3 cup coconut or shredded plus more for garnish
- ☐ 1 teaspoon pepper red crushed
- ☐ 1 teaspoon curry
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup onion thinly sliced
- ☐ 4 cups pumpkin diced

- ☐ 4 servings salt and pepper
- ☐ 1 tablespoon vegetable oil

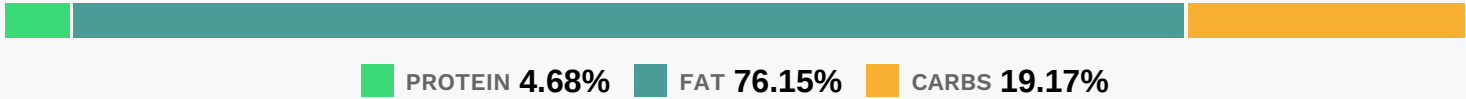
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the vegetable oil in a medium sauce pan.
- ☐ Add the onions and cook for about 5 minutes.
- ☐ Add the garlic and pumpkin and cook for about 2 minutes over medium-low heat.
- ☐ Add the coconut milk, cumin, curry, salt, pepper and crushed red pepper. Cover and cook for 10 minutes.
- ☐ Add the shredded coconut, stir and cook for 2 minutes more.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:5.55, Inflammation Score:-10, Nutrition Score:16.673043416894%

Flavonoids

Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 326.91kcal (16.35%), Fat: 29.77g (45.8%), Saturated Fat: 23.7g (148.1%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 12.76g (4.64%), Sugar: 7.87g (8.74%), Cholesterol: 0mg (0%), Sodium: 221.09mg (9.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.23%), Vitamin A: 10031.9IU (200.64%), Manganese: 1.24mg (61.91%), Copper: 0.46mg (23.19%), Potassium: 735.32mg (21.01%), Vitamin C: 15.25mg (18.49%), Iron: 3.19mg (17.71%), Phosphorus: 170.01mg (17%), Fiber: 4.1g (16.41%), Magnesium: 58.18mg (14.54%), Vitamin E: 1.99mg (13.25%), Selenium: 7.63µg (10.9%), Folate: 41.05µg (10.26%), Vitamin K: 8.78µg (8.36%), Vitamin B2: 0.14mg

(8.36%), Zinc: 1.21mg (8.08%), Vitamin B3: 1.61mg (8.04%), Vitamin B6: 0.16mg (7.9%), Vitamin B1: 0.1mg (6.88%),
Vitamin B5: 0.58mg (5.82%), Calcium: 53.74mg (5.37%)