



Quick and Easy Vegetable Curry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14.5 ounce canned tomatoes diced canned
- 2.5 tablespoons curry powder
- 2 tablespoons cilantro leaves fresh chopped
- 10 ounce vegetables mixed frozen
- 2 cloves garlic crushed
- 1 tablespoon olive oil
- 1 onion chopped
- 6 servings salt and pepper to taste

- 2 tablespoons tomato paste
- 1 cube vegetable bouillon
- 1.5 cups water

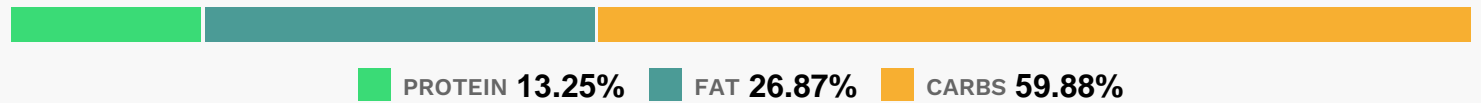
Equipment

- sauce pan

Directions

- In a large saucepan over medium-high, heat oil and saute onion, and garlic until golden. Stir in curry powder and tomato paste, cook 2 to 3 minutes.
- Stir in tomatoes, vegetable bouillon cube, mixed vegetables, water, salt and pepper to taste. Cook approximately 30 minutes until vegetables are well done (not crunchy).
- Sprinkle with fresh cilantro prior to serving.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:4.27, Inflammation Score:-9, Nutrition Score:10.423478188722%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 94.15kcal (4.71%), Fat: 3.17g (4.87%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 15.87g (5.29%), Net Carbohydrates: 11.29g (4.11%), Sugar: 4.52g (5.03%), Cholesterol: 0mg (0%), Sodium: 354.5mg (15.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Vitamin A: 2662.41IU (53.25%), Manganese: 0.41mg (20.27%), Fiber: 4.58g (18.31%), Vitamin C: 14.37mg (17.42%), Vitamin E: 1.98mg (13.2%), Iron: 2.31mg (12.84%), Potassium: 425.1mg (12.15%), Copper: 0.23mg (11.46%), Vitamin B6: 0.22mg (11.15%), Magnesium: 36.35mg (9.09%), Vitamin B1: 0.13mg (8.61%), Vitamin B3: 1.71mg (8.55%), Vitamin K: 8.64µg (8.23%), Folate: 30.69µg (7.67%), Phosphorus: 69.86mg (6.99%), Vitamin B2: 0.1mg (5.72%), Calcium: 57.01mg (5.7%), Zinc: 0.58mg (3.88%), Vitamin B5: 0.3mg (3.04%), Selenium: 1.55µg (2.21%)