



Quick Vegetable Curry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



46 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 13.5 ounce coconut milk canned
- 15.5 ounce garbanzo beans drained and rinsed canned
- 14.5 ounce kidney beans drained and rinsed canned
- 14.4 ounce canned tomatoes with juice chopped canned
- 2 carrots diced
- 0.5 teaspoon chili powder to taste
- 0.5 cup corn kernels frozen
- 0.5 teaspoon cumin

- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground turmeric
- 1 teaspoon mustard seed
- 2 tablespoons olive oil
- 1 large onion finely sliced
- 0.5 cup peas green frozen
- 2 potatoes diced peeled
- 6 tablespoons water

Equipment

- frying pan
- sauce pan

Directions

- Bring a large saucepan of lightly salted water to a boil.
- Place the potatoes and carrots in the boiling water, and cook until softened, 5 to 6 minutes.
- Add the peas and corn to the boiling water, and turn off the heat. Wait 1 minute, and drain the vegetables. Cover to keep warm.
- Heat the olive oil in a large skillet over medium heat. Stir in the onions, and cook until the onions are transparent, 5 to 7 minutes.
- Combine the tomatoes, kidney beans, garbanzo beans, and water with the onions. Stir in the turmeric, chili powder, cumin, coriander, and mustard seed until blended. Season with salt to taste.
- Add the potatoes, carrots, peas, and corn. Turn the heat to high, and cook the vegetables 5 to 10 minutes, stirring occasionally. Lower the heat to medium, and cook another 7 minutes.
- Pour the coconut milk into the vegetable mixture. Stir and cook for just 3 minutes to prevent the milk from curdling or separating.
- Remove from the heat and serve.

Nutrition Facts



■ PROTEIN 11.05% ■ FAT 47.03% ■ CARBS 41.92%

Properties

Glycemic Index:50.71, Glycemic Load:16.79, Inflammation Score:-10, Nutrition Score:22.119565362516%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 404.58kcal (20.23%), Fat: 22.16g (34.1%), Saturated Fat: 14.4g (90.02%), Carbohydrates: 44.45g (14.82%), Net Carbohydrates: 32.43g (11.79%), Sugar: 7.32g (8.14%), Cholesterol: 0mg (0%), Sodium: 440.51mg (19.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.45%), Manganese: 1.65mg (82.73%), Vitamin A: 3560.07IU (71.2%), Fiber: 12.02g (48.07%), Vitamin B6: 0.72mg (36.22%), Vitamin C: 24.62mg (29.85%), Phosphorus: 275.77mg (27.58%), Potassium: 915.63mg (26.16%), Copper: 0.52mg (25.76%), Magnesium: 94.69mg (23.67%), Iron: 3.99mg (22.18%), Folate: 80.15µg (20.04%), Vitamin B1: 0.24mg (15.85%), Zinc: 1.91mg (12.74%), Vitamin K: 13.05µg (12.43%), Vitamin B3: 2.35mg (11.74%), Selenium: 7.97µg (11.38%), Calcium: 85.53mg (8.55%), Vitamin B5: 0.79mg (7.88%), Vitamin B2: 0.13mg (7.68%), Vitamin E: 1.06mg (7.04%)