



South African Vegetable Curry



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 lb coarsely cabbage shredded
- ☐ 0.8 pound carrots peeled
- ☐ 1.5 lb cauliflower rinsed
- ☐ 2 cinnamon sticks
- ☐ 2 tablespoons curry powder
- ☐ 1.5 cups peaches dried
- ☐ 1.5 cups fat-skimmed chicken broth
- ☐ 2 tablespoons ginger fresh minced

- ☐ 2 cloves garlic peeled chopped
- ☐ 0.8 pound green beans rinsed ends trimmed
- ☐ 6 oz bell pepper green stemmed rinsed seeded
- ☐ 0.5 teaspoon ground turmeric
- ☐ 8 servings apricot-lemon chutney
- ☐ 0.5 lb onion peeled thinly sliced
- ☐ 2 tablespoons salad oil
- ☐ 8 servings salt

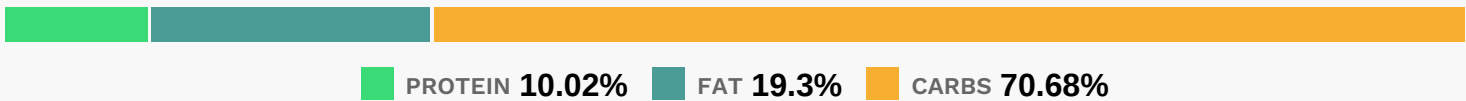
Equipment

- ☐ frying pan

Directions

- ☐ Cut carrots into 1/2-inch-thick slices.
- ☐ Cut beans into 1 1/2-inch pieces.
- ☐ Cut the cauliflower into 1 1/2-inch florets.
- ☐ Cut pepper and peaches into 1-inch pieces.
- ☐ In a 5- to 6-quart pan over medium-high heat, stir oil, onion, ginger, garlic, and cinnamon sticks until onion is limp, 5 to 7 minutes.
- ☐ Add curry powder and turmeric; stir 30 seconds.
- ☐ Add broth, carrots, beans, cauliflower, bell pepper, peaches, and cabbage; bring to a boil over high heat.
- ☐ Cover and simmer over low heat, stirring occasionally, until carrots are tender when pierced, 20 to 25 minutes.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:36.42, Glycemic Load:4.31, Inflammation Score:-10, Nutrition Score:24.077391204627%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg

Nutrients (% of daily need)

Calories: 190.93kcal (9.55%), Fat: 4.6g (7.07%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 37.86g (12.62%), Net Carbohydrates: 28.58g (10.39%), Sugar: 20.5g (22.77%), Cholesterol: 0mg (0%), Sodium: 435.66mg (18.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.74%), Vitamin A: 8172.42IU (163.45%), Vitamin C: 83.97mg (101.78%), Vitamin K: 69.32µg (66.02%), Fiber: 9.29g (37.15%), Manganese: 0.73mg (36.73%), Potassium: 968.5mg (27.67%), Folate: 94.12µg (23.53%), Vitamin B6: 0.46mg (22.83%), Iron: 3.1mg (17.23%), Vitamin B3: 3.01mg (15.05%), Magnesium: 55.96mg (13.99%), Phosphorus: 137.68mg (13.77%), Vitamin B2: 0.23mg (13.24%), Copper: 0.25mg (12.71%), Vitamin B5: 1.14mg (11.4%), Vitamin E: 1.69mg (11.26%), Vitamin B1: 0.16mg (10.69%), Calcium: 98.31mg (9.83%), Zinc: 0.84mg (5.61%), Selenium: 2.56µg (3.65%), Vitamin B12: 0.09µg (1.42%)