



South Indian Vegetable Curry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



448 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons unrefined sunflower oil
- 2 ounces ginger fresh peeled (2-inch-long 1-inch-diameter)
- 1 tablespoon garam masala
- 1 pound cubes red-skinned sweet potato peeled cut into 1-inch cubes (yams)
- 3 cups vegetable stock
- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons ground cumin
- 0.5 serrano chiles seeded chopped

- 1.3 cups coconut or fresh finely grated peeled (4 ounces; in processor)
- 1 large onion cut into 1-inch chunks (2 cups)
- 2 tomatoes cored chopped
- 4 ounces baby spinach
- 2 teaspoons brown sugar packed ()
- 1 teaspoon salt
- 2 tablespoons cilantro leaves fresh chopped
- 1 Leaves available in the asian foods section of some supermarkets and at asian markets fresh frozen grated for each lime leaf.
- 2 tablespoons tomato paste
- 3 large garlic clove peeled
- 12 ounces baking potatoes peeled cut into 1-inch cubes
- 2 cardamom pods whole green
- 2 large carrots peeled cut into 1/2-inch rounds
- 2 kaffir lime leaves
- 4 servings frangelico

Equipment

- bowl
- pot

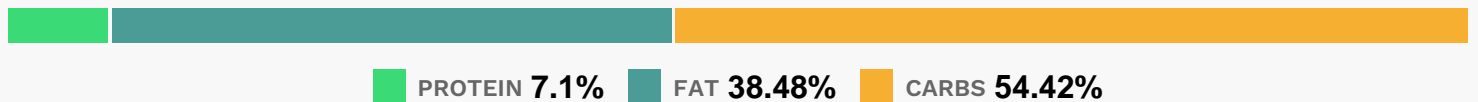
Directions

- Puree first 7 ingredients in processor until
- paste forms. Cook in large pot over medium heat until aromatic, stirring often, about
- minutes.
- Add tomato paste. Cook until mixture starts to darken and brown, stirring
- often, about 5 minutes longer.
- Add broth, brown sugar, lime leaves, and cardamom. Simmer 10 minutes, stirring often and scraping up browned bits. DO AHEAD Can be made 2 days ahead. Cool, cover, and chill. Bring

to simmer before continuing.

- Add sweet potatoes, russet potatoes, coconut, carrots, tomatoes, 1 teaspoon salt, and 1/4 teaspoon pepper to mixture in pot. Bring to boil, then reduce heat to medium low. Cover and simmer until vegetables are tender, stirring occasionally, about 25 minutes.
- Add spinach, if desired, and cook until wilted, about 3 minutes. Season with salt and pepper. Discard lime leaves and cardamom.
- Transfer curry to bowl; garnish with cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:123.15, Glycemic Load:17.07, Inflammation Score:-10, Nutrition Score:33.794347825258%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg

Nutrients (% of daily need)

Calories: 448.17kcal (22.41%), Fat: 20.08g (30.89%), Saturated Fat: 8.65g (54.04%), Carbohydrates: 63.88g (21.29%), Net Carbohydrates: 52.43g (19.06%), Sugar: 19.2g (21.33%), Cholesterol: 0mg (0%), Sodium: 1457.24mg (63.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.34g (16.67%), Vitamin A: 31523.45IU (630.47%), Vitamin K: 153.38µg (146.07%), Manganese: 1.93mg (96.28%), Vitamin C: 53.06mg (64.31%), Potassium: 1642.53mg (46.93%), Fiber: 11.45g (45.79%), Vitamin B6: 0.91mg (45.52%), Vitamin E: 6.77mg (45.11%), Copper: 0.57mg (28.4%), Magnesium: 112.06mg (28.02%), Folate: 106.5µg (26.62%), Iron: 4.45mg (24.73%), Phosphorus: 210.88mg (21.09%), Vitamin B1: 0.32mg (21.04%), Vitamin B3: 4.11mg (20.57%), Vitamin B2: 0.28mg (16.21%), Vitamin B5: 1.61mg (16.12%), Calcium: 137.58mg (13.76%), Zinc: 1.54mg (10.3%), Selenium: 4.53µg (6.47%)