

 78%
HEALTH SCORE

Spicy Banana Curry



Vegetarian



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bananas diced
- ☐ 10 ounce tomato sauce canned
- ☐ 1 teaspoon chili powder
- ☐ 0.3 cup coconut or flaked
- ☐ 4 teaspoons curry paste
- ☐ 0.5 cup curry powder
- ☐ 8 cloves garlic pressed
- ☐ 1.3 teaspoons ground cinnamon

- ☐ 1.5 tablespoons ground cumin
- ☐ 1 tablespoon ground ginger
- ☐ 1.5 teaspoons ground pepper black
- ☐ 4 teaspoons ground turmeric
- ☐ 2 onions diced
- ☐ 0.7 cup yogurt plain
- ☐ 1.3 teaspoons salt
- ☐ 0.3 cup sunflower seed oil
- ☐ 3 tomatoes chopped
- ☐ 1 teaspoon sugar white

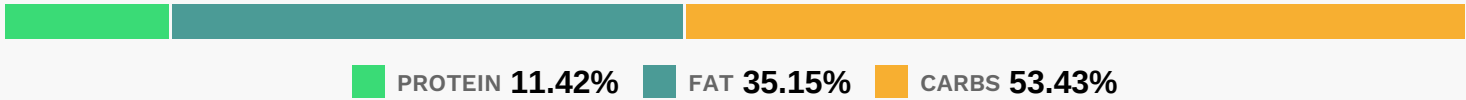
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the sunflower oil in a large saucepan over medium heat. Stir in the onions, and cook until the onions have softened and turned translucent, about 5 minutes.
- ☐ Sprinkle in the curry powder, cumin, turmeric, salt, sugar, ginger, chili powder, cinnamon, and black pepper. Cook and stir until fragrant, about 1 minute.
- ☐ Stir in the curry paste and pressed garlic. Cook for about 1 minute.
- ☐ Pour in the tomato sauce and yogurt, and bring to a simmer. Stir in the diced banana, and simmer gently for 3 minutes.
- ☐ Mix in chopped tomatoes, and continuing to simmer 1 minute more. Stir in the coconut flakes just before serving.

Nutrition Facts



Properties

Glycemic Index:88.97, Glycemic Load:12.25, Inflammation Score:-10, Nutrition Score:37.129999866952%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 11.84mg, Quercetin: 11.84mg, Quercetin: 11.84mg

Nutrients (% of daily need)

Calories: 372.5kcal (18.63%), Fat: 16.49g (25.36%), Saturated Fat: 5.51g (34.46%), Carbohydrates: 56.38g (18.79%), Net Carbohydrates: 38.25g (13.91%), Sugar: 19.51g (21.67%), Cholesterol: 5.31mg (1.77%), Sodium: 1121.6mg (48.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.05g (24.11%), Manganese: 3.01mg (150.42%), Vitamin E: 12.42mg (82.81%), Iron: 13.75mg (76.39%), Fiber: 18.12g (72.5%), Vitamin B6: 1.09mg (54.34%), Vitamin A: 2422.98IU (48.46%), Magnesium: 181.99mg (45.5%), Potassium: 1495mg (42.71%), Vitamin C: 33.63mg (40.77%), Vitamin K: 41.85µg (39.86%), Copper: 0.76mg (38.23%), Phosphorus: 327.81mg (32.78%), Folate: 118.35µg (29.59%), Calcium: 291.2mg (29.12%), Vitamin B1: 0.38mg (25.45%), Selenium: 16.07µg (22.96%), Vitamin B3: 4.17mg (20.84%), Vitamin B2: 0.33mg (19.69%), Zinc: 2.95mg (19.68%), Vitamin B5: 0.95mg (9.52%), Vitamin B12: 0.15µg (2.52%)