



Spicy Yellow Soybean, Lentil, and Carrot Curry



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups carrots finely chopped
- ☐ 6 tablespoons yogurt plain fat-free
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 3 garlic clove minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon olive oil

- ☐ 2.3 cups onion finely chopped
- ☐ 1 tablespoon curry paste red
- ☐ 1 cup lentils dried red
- ☐ 0.3 teaspoon salt
- ☐ 15 ounce edamame soybeans yellow rinsed drained canned
- ☐ 4 cups vegetable stock divided

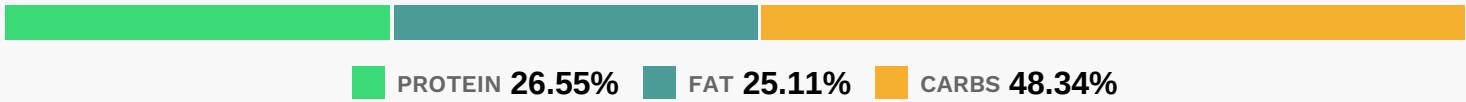
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat the oil in a large saucepan over medium-high heat.
- ☐ Add onion; saut 3 minutes or until tender. Stir in curry paste; cook 1 minute.
- ☐ Add 1/2 cup broth, carrot, ginger, red pepper, and garlic; cook 6 minutes or until carrot is tender, stirring occasionally.
- ☐ Add 3 1/2 cups broth, lentils, and soybeans; bring to a boil. Reduce heat; simmer 10 minutes or until lentils are tender. Stir in cilantro, salt, and black pepper. Divide evenly among 6 bowls; dollop with yogurt.
- ☐ Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:50.04, Glycemic Load:6.52, Inflammation Score:-10, Nutrition Score:27.353913172432%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 3.12mg, Isorhamnetin: 3.12mg, Isorhamnetin: 3.12mg, Isorhamnetin: 3.12mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

0.06mg, Myricetin: 0.06mg Quercetin: 13.22mg, Quercetin: 13.22mg, Quercetin: 13.22mg, Quercetin: 13.22mg
Galocatechin: 0.04mg, Galocatechin: 0.04mg, Galocatechin: 0.04mg, Galocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 325.14kcal (16.26%), Fat: 9.45g (14.54%), Saturated Fat: 1.44g (9%), Carbohydrates: 40.95g (13.65%), Net
Carbohydrates: 24.45g (8.89%), Sugar: 10.55g (11.72%), Cholesterol: 0.4mg (0.13%), Sodium: 941.87mg (40.95%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.48g (44.97%), Vitamin A: 7954.76IU (159.1%), Fiber: 16.49g
(65.97%), Manganese: 1.2mg (59.89%), Folate: 214.79µg (53.7%), Phosphorus: 386.11mg (38.61%), Iron: 6.48mg
(35.99%), Vitamin B1: 0.46mg (30.67%), Magnesium: 116.95mg (29.24%), Potassium: 971.3mg (27.75%), Copper:
0.51mg (25.71%), Vitamin B6: 0.51mg (25.39%), Vitamin K: 25.49µg (24.27%), Vitamin B2: 0.36mg (21.31%), Zinc:
2.78mg (18.53%), Calcium: 166.1mg (16.61%), Vitamin C: 10.98mg (13.31%), Selenium: 9.15µg (13.07%), Vitamin B5:
1.15mg (11.53%), Vitamin B3: 1.68mg (8.38%), Vitamin E: 1.08mg (7.18%), Vitamin B12: 0.12µg (2.03%)