



HEALTH SCORE

100%

Summer vegetable curry



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp thai curry paste red (depending on taste)
- ☐ 500 ml vegetable stock low-sodium
- ☐ 2 onions chopped
- ☐ 1 aubergine diced
- ☐ 75 g lentil red
- ☐ 200 ml coconut milk reduced-fat canned
- ☐ 2 pasilla peppers red yellow deseeded cut into wedges
- ☐ 140 g pea frozen

- ☐ 100 g baby spinach roughly chopped
- ☐ 4 servings brown basmati rice and mango chutney

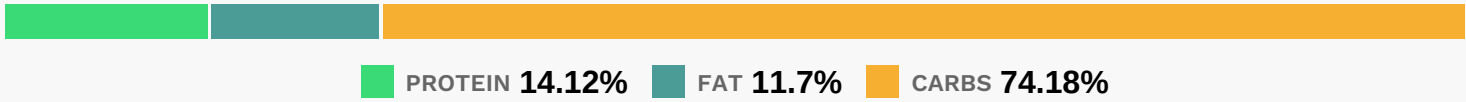
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the curry paste in a large non-stick saucepan with a splash of the stock.
- ☐ Add the onions and fry for 5 mins until starting to soften. Stir in the aubergine and cook for a further 5 mins add a little more stock if starting to stick.
- ☐ Add the lentils, coconut milk and the rest of the stock, and simmer for 15 mins or until the lentils are tender.
- ☐ Add the peppers and cook for 5-10 mins more. Stir through the peas and spinach and cook until spinach has just wilted.
- ☐ Serve the curry with rice and mango chutney.

Nutrition Facts



Properties

Glycemic Index:64.59, Glycemic Load:26.67, Inflammation Score:-10, Nutrition Score:35.242608630139%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 12.82mg, Quercetin: 12.82mg, Quercetin: 12.82mg, Quercetin: 12.82mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 396.92kcal (19.85%), Fat: 5.23g (8.05%), Saturated Fat: 3.36g (21%), Carbohydrates: 74.58g (24.86%), Net Carbohydrates: 59.38g (21.59%), Sugar: 9.34g (10.37%), Cholesterol: 0mg (0%), Sodium: 561.79mg (24.43%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.4%), Vitamin C: 124.08mg (150.4%), Manganese: 2.82mg (141.2%), Vitamin K: 126.51µg (120.49%), Folate: 271.72µg (67.93%), Vitamin A: 3358.34IU (67.17%), Fiber: 15.2g (60.81%), Magnesium: 157.77mg (39.44%), Vitamin B1: 0.54mg (35.78%), Vitamin B6: 0.69mg (34.45%), Phosphorus: 334.52mg (33.45%), Potassium: 1011.81mg (28.91%), Copper: 0.53mg (26.65%), Iron: 4.57mg (25.41%), Vitamin B3: 4.23mg (21.13%), Zinc: 2.82mg (18.78%), Vitamin B5: 1.76mg (17.6%), Vitamin B2: 0.2mg (11.68%), Calcium: 94.07mg (9.41%), Vitamin E: 1.05mg (7.01%), Selenium: 3.48µg (4.97%)