



Sweet Potato and Cashew Korma over Coconut Rice

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



430 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups rice uncooked
- ☐ 1 teaspoon chile paste with garlic
- ☐ 3 tablespoons cilantro leaves finely chopped
- ☐ 1 cup coconut milk
- ☐ 3 tablespoons yogurt plain fat-free
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 teaspoons garam masala

- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons ground coriander
- ☐ 1.5 cups onion chopped
- ☐ 0.7 cup plum tomatoes chopped
- ☐ 2 tablespoons dry-roasted cashews finely chopped
- ☐ 0.8 teaspoon salt
- ☐ 4 cups sweet potatoes and into peeled chopped
- ☐ 1 cup water
- ☐ 2.8 cups water
- ☐ 14 ounce water-packed tofu firm drained cut into (1/2-inch) cubes reduced-fat

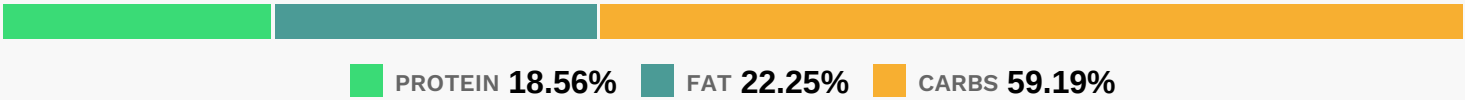
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ To prepare rice, bring first 3 ingredients to a boil in a medium saucepan. Stir in rice, and cook, uncovered, for 5 minutes. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed.
- ☐ Remove from heat; let stand 10 minutes. Fluff with a fork before serving.
- ☐ To prepare korma, while rice cooks, heat a Dutch oven over medium heat. Coat pan with cooking spray.
- ☐ Add the onion; cook 7 minutes or until tender, stirring frequently.
- ☐ Add ginger, coriander, garam masala, and garlic; cook 2 minutes, stirring frequently.
- ☐ Add sweet potato, 1 cup water, tomato, and 3/4 teaspoon salt. Bring to a boil; cover, reduce heat, and simmer 10 minutes or until sweet potato is tender. Stir in cilantro, chile paste, and tofu.
- ☐ Serve korma over rice, and top with yogurt and cashews.

Nutrition Facts



Properties

Glycemic Index:59.7, Glycemic Load:33.3, Inflammation Score:-10, Nutrition Score:24.61000009205%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 429.58kcal (21.48%), Fat: 10.67g (16.41%), Saturated Fat: 7.68g (48%), Carbohydrates: 63.84g (21.28%), Net Carbohydrates: 59.03g (21.47%), Sugar: 7.17g (7.96%), Cholesterol: 24.01mg (8%), Sodium: 511.27mg (22.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.02g (40.04%), Vitamin A: 12852.57IU (257.05%), Selenium: 53.6µg (76.57%), Manganese: 1.17mg (58.66%), Vitamin B3: 8.34mg (41.68%), Vitamin B12: 1.76µg (29.35%), Vitamin B6: 0.58mg (29.05%), Phosphorus: 274.48mg (27.45%), Copper: 0.49mg (24.26%), Magnesium: 87.1mg (21.78%), Potassium: 735.16mg (21%), Iron: 3.74mg (20.78%), Fiber: 4.8g (19.2%), Vitamin B5: 1.51mg (15.15%), Zinc: 1.85mg (12.35%), Vitamin C: 9.85mg (11.94%), Vitamin B1: 0.17mg (11.54%), Vitamin B2: 0.18mg (10.6%), Calcium: 102.9mg (10.29%), Folate: 36.46µg (9.11%), Vitamin K: 5.67µg (5.4%), Vitamin D: 0.79µg (5.29%), Vitamin E: 0.69mg (4.58%)