



Sweet potato & pea curry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



581 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tbsp curry paste from a jar
- ☐ 1 onion finely chopped
- ☐ 450 g potatoes cut into chunks
- ☐ 900 g sweet potatoes cut into chunks
- ☐ 600 ml vegetable stock fine
- ☐ 400 ml coconut milk canned
- ☐ 175 g peas frozen
- ☐ 1 small bunch coriander roughly chopped

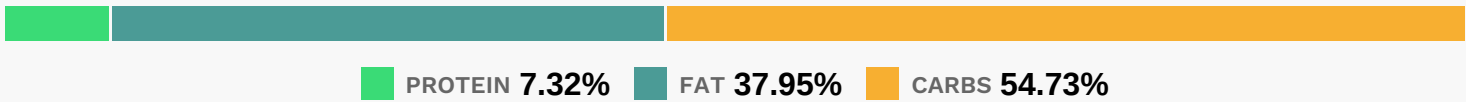
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the curry paste in a large pan and stir in the onion. Cover and cook for 5 mins, stirring occasionally, until softened.
- ☐ Add the potatoes, stock and coconut milk to the pan and bring to the boil.
- ☐ Turn the heat down and simmer the curry for 20 mins until the potato has softened.
- ☐ Add the peas, bring back to the boil and simmer for 2 mins more. Season to taste and spoon the curry into bowls. Scatter over the coriander before you tuck in.

Nutrition Facts



Properties

Glycemic Index:72.52, Glycemic Load:39.85, Inflammation Score:-10, Nutrition Score:31.627826193105%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg

Nutrients (% of daily need)

Calories: 580.73kcal (29.04%), Fat: 25.39g (39.06%), Saturated Fat: 21.87g (136.66%), Carbohydrates: 82.39g (27.46%), Net Carbohydrates: 67.5g (24.55%), Sugar: 19.4g (21.56%), Cholesterol: 0mg (0%), Sodium: 746.1mg (32.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.01g (22.03%), Vitamin A: 34482.43IU (689.65%), Manganese: 1.91mg (95.26%), Vitamin C: 51.42mg (62.33%), Fiber: 14.89g (59.56%), Potassium: 1655.99mg (47.31%), Vitamin B6: 0.95mg (47.28%), Copper: 0.82mg (41.17%), Magnesium: 137.37mg (34.34%), Phosphorus: 327.5mg (32.75%), Vitamin B1: 0.42mg (28.15%), Iron: 4.94mg (27.45%), Vitamin B5: 2.41mg (24.09%), Folate: 93.88µg (23.47%), Vitamin K: 23.45µg (22.33%), Vitamin B3: 4.18mg (20.89%), Zinc: 2.28mg (15.2%), Vitamin B2: 0.24mg (14.22%), Calcium: 131.58mg (13.16%), Selenium: 8.92µg (12.74%), Vitamin E: 0.86mg (5.74%)