



HEALTH SCORE

100%

## Thai-Style Vegetable Curry



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



6

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 large bunch broccoli
- 1.5 cups chickpeas drained and rinsed cooked (or 1 can, )
- 1 teaspoon basil dried fresh (omit if using basil at the end)
- 10 large basil fresh snipped
- 0.5 pound mushrooms fresh halved quartered
- 2 teaspoons garlic minced
- 0.3 teaspoon ground cardamom
- 0.1 teaspoon ground cinnamon

- 0.5 teaspoon ground coriander
- 1.5 teaspoons lemon grass dried fresh finely (use if you have it)
- 1 cup lite coconut milk (see note)
- 1 pinch pepper red generous crushed
- 1 pound sweet potatoes and into peeled coarsely chopped
- 2 tablespoons tamari sauce

## Equipment

- pressure cooker

## Directions

- Cut the florets from the broccoli stalks and cut each floret so that the top measures about 1 inch across. Set aside. Peel off the thick outer skin of the stalks and cut the stalks into 1/2-inch dice. Set aside separate from florets.
- Heat 1 tablespoon of water in the pressure cooker. Cook the garlic over medium- high heat, stirring constantly, for about a minute.
- Add the coconut milk, soy sauce, lemongrass and other seasonings, reserved broccoli stalks, sweet potatoes, and mushrooms. Lock the lid in place. Over high heat, bring to high pressure. Lower the heat just enough to maintain high pressure and cook for 2 minutes. Reduce the pressure with a quick release method.
- Remove the lid, tilting it away from you to allow any excess steam to escape. Stir in the broccoli florets and chickpeas. Replace (but do not lock) the lid and cook over medium heat until broccoli is tender-crisp, 3 to 4 minutes. Stir in the fresh basil (if using) just before serving.

## Nutrition Facts



PROTEIN 17.55%  FAT 15.92%  CARBS 66.53%

## Properties

Glycemic Index:45.46, Glycemic Load:11.33, Inflammation Score:-10, Nutrition Score:28.482608650042%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 7.95mg, Kaempferol: 7.95mg, Kaempferol: 7.95mg, Kaempferol: 7.95mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

## **Nutrients (% of daily need)**

Calories: 209.59kcal (10.48%), Fat: 3.88g (5.98%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 36.54g (12.18%), Net Carbohydrates: 27.88g (10.14%), Sugar: 7.72g (8.58%), Cholesterol: 0mg (0%), Sodium: 443.41mg (19.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.64g (19.27%), Vitamin A: 11409.14IU (228.18%), Vitamin C: 94.02mg (113.97%), Vitamin K: 112.03µg (106.7%), Manganese: 0.97mg (48.28%), Folate: 151.38µg (37.84%), Fiber: 8.66g (34.64%), Potassium: 842.93mg (24.08%), Vitamin B6: 0.46mg (23.01%), Copper: 0.45mg (22.42%), Phosphorus: 215.12mg (21.51%), Vitamin B2: 0.36mg (20.96%), Vitamin B5: 1.9mg (19%), Magnesium: 68.46mg (17.12%), Iron: 2.97mg (16.51%), Vitamin B3: 2.92mg (14.58%), Vitamin B1: 0.22mg (14.38%), Selenium: 8.27µg (11.81%), Zinc: 1.54mg (10.28%), Calcium: 101.59mg (10.16%), Vitamin E: 1.17mg (7.77%)