



Thai-Style Vegetable Curry



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 1 tablespoon canola oil
- ☐ 1.5 cups carrots ()
- ☐ 2 cups cherry tomatoes
- ☐ 4 cups rice noodles hot cooked
- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon ginger peeled chopped
- ☐ 2 tablespoons soya sauce low-sodium

- ☐ 8 ounce pre mushrooms
- ☐ 3 cups onion chopped
- ☐ 2 cups bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons thai curry paste red (such as Thai Kitchen)
- ☐ 4 cups vegetable stock divided
- ☐ 1.5 cups baby squash yellow halved lengthwise thinly sliced
- ☐ 4 cups zucchini halved lengthwise thinly sliced

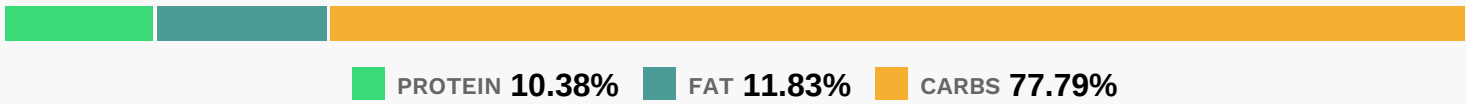
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add onion, ginger, and garlic to pan; saut 5 minutes.
- ☐ Add 1 cup Vegetable Stock, soy sauce, curry paste, and salt. Stir in carrot; cook 2 minutes.
- ☐ Add bell pepper, tomatoes, zucchini, squash, and mushrooms; cook 2 minutes, stirring occasionally. Stir in remaining 3 cups stock and spinach; bring to a boil. Reduce heat, and simmer 5 minutes or until carrot is tender, stirring occasionally.
- ☐ Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:14.58, Inflammation Score:-10, Nutrition Score:24.94434780919%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg,

Isorhamnetin: 3.01mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 13.86mg, Quercetin: 13.86mg, Quercetin: 13.86mg, Quercetin: 13.86mg

Nutrients (% of daily need)

Calories: 199.2kcal (9.96%), Fat: 2.73g (4.2%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 40.38g (13.46%), Net Carbohydrates: 35.04g (12.74%), Sugar: 9.98g (11.09%), Cholesterol: 0mg (0%), Sodium: 824.6mg (35.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.78%), Vitamin A: 7966.5IU (159.33%), Vitamin K: 113.55µg (108.14%), Vitamin C: 83.92mg (101.72%), Manganese: 0.69mg (34.41%), Folate: 109.57µg (27.39%), Vitamin B6: 0.49mg (24.64%), Potassium: 777.6mg (22.22%), Fiber: 5.34g (21.37%), Vitamin B2: 0.33mg (19.27%), Magnesium: 56.97mg (14.24%), Phosphorus: 139.16mg (13.92%), Copper: 0.27mg (13.6%), Vitamin B3: 2.55mg (12.77%), Vitamin E: 1.83mg (12.19%), Vitamin B1: 0.18mg (11.68%), Selenium: 7.76µg (11.09%), Iron: 1.87mg (10.41%), Vitamin B5: 0.94mg (9.36%), Zinc: 1.1mg (7.31%), Calcium: 72.84mg (7.28%)