



Vegan Curried Millet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



520 min.

SERVINGS



4

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons curry powder
- ☐ 2 cloves garlic diced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 cup millet
- ☐ 2 tablespoons olive oil
- ☐ 1 onion diced
- ☐ 1 teaspoon salt
- ☐ 2.5 cups water

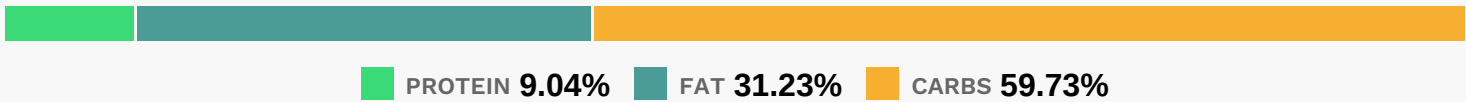
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put millet in a bowl and pour enough water over millet to cover by at least 2 inches. Soak millet 8 hours to overnight; drain.
- ☐ Heat olive oil in a skillet over medium heat; cook and stir onion and garlic in the hot oil until onion is lightly browned, 10 to 15 minutes.
- ☐ Mix millet, 2 1/2 cups water, salt, and cumin into onion mixture. Cover and simmer until millet is tender and water is absorbed, 20 minutes. Stir curry powder into millet mixture until fully incorporated.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:23.57, Inflammation Score:-4, Nutrition Score:10.098260849714%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 268.3kcal (13.42%), Fat: 9.34g (14.37%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 40.18g (13.39%), Net Carbohydrates: 35.07g (12.75%), Sugar: 1.21g (1.35%), Cholesterol: 0mg (0%), Sodium: 593.7mg (25.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Manganese: 0.93mg (46.46%), Copper: 0.42mg (21.23%), Fiber: 5.11g (20.43%), Magnesium: 65.07mg (16.27%), Phosphorus: 157.51mg (15.75%), Vitamin B1: 0.23mg (15.35%), Vitamin B6: 0.26mg (12.81%), Folate: 49.33µg (12.33%), Vitamin B3: 2.45mg (12.24%), Iron: 2.09mg (11.63%), Vitamin B2: 0.16mg (9.28%), Vitamin E: 1.27mg (8.45%), Zinc: 0.97mg (6.49%), Vitamin K: 5.81µg (5.53%), Potassium: 163.76mg (4.68%), Vitamin B5: 0.47mg (4.67%), Vitamin C: 2.64mg (3.2%), Selenium: 1.89µg (2.69%), Calcium: 25.01mg (2.5%)