



Vegan Curry Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cups baby carrots
- ☐ 1 large broccoli crown
- ☐ 1 cup brown rice (I used jasmine brown)
- ☐ 1 cup regular coconut milk
- ☐ 0.8 can garbanzo beans – i used the ones organic (chickpeas)
- ☐ 0.3 teaspoon garlic powder
- ☐ 4 servings ground pepper fresh
- ☐ 0.3 teaspoon onion powder

- ☐ 0.5 teaspoon salt to taste (more)
- ☐ 0.5 teaspoon turmeric
- ☐ 1.5 cups water

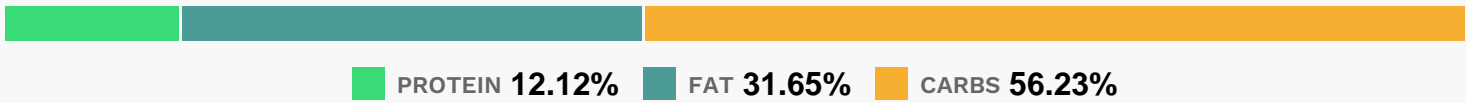
Equipment

- ☐ stove
- ☐ steamer basket
- ☐ rice cooker

Directions

- ☐ I have one of those wonderful inventions, the rice cooker. I put the rice, coconut milk, water, turmeric, onion powder, garlic powder, and salt in the rice cooker and clicked “on.” I used 2 cups of water, but you may need a little less depending on the rice you use.
- ☐ Cut the broccoli into florets, and place the florets and the baby carrots in the steamer basket that goes atop the rice cooker (or steam atop the stove). If using the rice cooker to steam, allow the rice to cook for ten minutes before placing the vegetable steamer atop them. When the rice cooker goes “click.” It is all done. I chopped up the cooked vegetables into smaller bites, and tossed them into the rice cooker along with the garbanzo beans. I gave the whole thing a good stir to mix all of the ingredients together, added some fresh ground pepper and a touch more salt to taste, and served! It wasn’t pretty, but really it did taste pretty darn good.

Nutrition Facts



Properties

Glycemic Index:67.52, Glycemic Load:26.95, Inflammation Score:-10, Nutrition Score:35.013478299846%

Flavonoids

Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 423.06kcal (21.15%), Fat: 15.62g (24.02%), Saturated Fat: 11.31g (70.66%), Carbohydrates: 62.42g (20.81%),
Net Carbohydrates: 52.07g (18.94%), Sugar: 4.13g (4.59%), Cholesterol: 0mg (0%), Sodium: 615.93mg (26.78%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.45g (26.9%), Vitamin C: 137.16mg (166.26%), Manganese:
3.31mg (165.54%), Vitamin K: 158.25µg (150.72%), Vitamin A: 5373.05IU (107.46%), Vitamin B6: 0.97mg (48.39%),
Fiber: 10.35g (41.38%), Magnesium: 153.8mg (38.45%), Phosphorus: 358.88mg (35.89%), Folate: 143.33µg (35.83%),
Iron: 5.29mg (29.39%), Potassium: 941.24mg (26.89%), Copper: 0.51mg (25.65%), Vitamin B1: 0.36mg (23.68%),
Vitamin B5: 2.05mg (20.53%), Vitamin B3: 3.68mg (18.41%), Zinc: 2.57mg (17.15%), Calcium: 141.62mg (14.16%),
Vitamin B2: 0.22mg (13.16%), Selenium: 5.87µg (8.38%), Vitamin E: 1.2mg (7.97%)