



Vegetable Curry

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



375 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 2 large carrots sliced
- 1 head cauliflower
- 2 tablespoons curry powder
- 4 servings pepper black to taste
- 0.5 teaspoon turmeric
- 2 tablespoons olive oil
- 0.5 large onion finely chopped

2 large potatoes cubed peeled

1 pinch pepper red

Equipment

frying pan

Directions

Heat the butter and olive oil in a large skillet over medium heat.

Add the onion and carrots; cook and stir until tender. Season with curry powder, turmeric, salt, pepper, and red pepper flakes.

Add the cauliflower and potatoes to the pan, and stir to coat with spices. Reduce heat to medium-low, cover, and simmer for 20 minutes, or until the potatoes are tender. Stir occasionally.

Nutrition Facts

 PROTEIN **7.69%**  FAT **44.93%**  CARBS **47.38%**

Properties

Glycemic Index:70.4, Glycemic Load:26.55, Inflammation Score:-10, Nutrition Score:26.075217533371%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg

Nutrients (% of daily need)

Calories: 374.82kcal (18.74%), Fat: 19.63g (30.19%), Saturated Fat: 8.59g (53.68%), Carbohydrates: 46.57g (15.52%), Net Carbohydrates: 37.22g (13.54%), Sugar: 6.79g (7.54%), Cholesterol: 30.5mg (10.17%), Sodium: 173.24mg (7.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.12%), Vitamin C: 109.55mg (132.79%), Vitamin A: 6410.31IU (128.21%), Vitamin B6: 0.92mg (46.06%), Potassium: 1407.03mg (40.2%), Fiber: 9.34g (37.37%), Vitamin K: 39.04µg (37.18%), Manganese: 0.74mg (37.11%), Folate: 127.03µg (31.76%), Phosphorus: 201.23mg (20.12%), Magnesium: 78.79mg (19.7%), Iron: 3.24mg (17.99%), Vitamin B1: 0.26mg (17.38%), Vitamin B5: 1.64mg (16.44%), Vitamin E: 2.39mg (15.93%), Vitamin B3: 3.18mg (15.88%), Copper: 0.31mg (15.32%), Vitamin B2: 0.19mg

(10.91%), Calcium: 88.76mg (8.88%), Zinc: 1.19mg (7.93%), Selenium: 2.22µg (3.17%)