



Vegetable Curry with Couscous

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon vegetable oil
- 1 medium bell pepper red cut into thin strips
- 0.3 cup chicken broth
- 1 tablespoon curry powder
- 1 teaspoon salt
- 1 lb broccoli frozen (or other combination)
- 0.5 cup raisins
- 0.3 cup mint-cilantro chutney spread shopping list

2 cups couscous hot cooked

0.3 cup peanuts chopped

Equipment

frying pan

Directions

In 12-inch skillet, heat oil over medium-high heat. Cook bell pepper in oil 4 to 5 minutes, stirring frequently, until tender.

Stir in broth, curry powder, salt and vegetables.

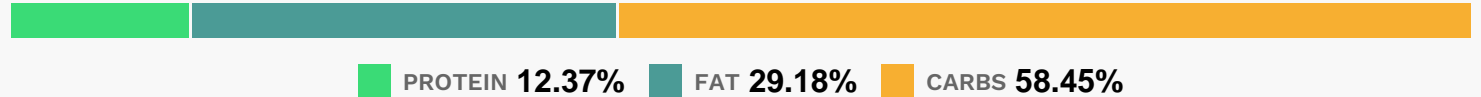
Heat to boiling. Boil about 4 minutes, stirring frequently, until vegetables are crisp-tender.

Stir in raisins and chutney.

Serve over couscous.

Sprinkle with peanuts.

Nutrition Facts



Properties

Glycemic Index:51.76, Glycemic Load:20.71, Inflammation Score:-9, Nutrition Score:24.320434769373%

Flavonoids

Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 293.08kcal (14.65%), Fat: 10.06g (15.47%), Saturated Fat: 2.03g (12.71%), Carbohydrates: 45.31g (15.1%), Net Carbohydrates: 38.04g (13.83%), Sugar: 3.36g (3.73%), Cholesterol: 0.29mg (0.1%), Sodium: 987.79mg (42.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.19%), Vitamin C: 143.22mg (173.6%), Vitamin K: 124.95µg (119%), Vitamin A: 2116.34IU (42.33%), Selenium: 25.53µg (36.48%), Manganese: 0.7mg (34.96%), Folate: 121.65µg (30.41%), Fiber: 7.27g (29.08%), Vitamin B6: 0.41mg (20.41%), Potassium: 709.97mg (20.28%), Vitamin B3: 3.53mg (17.63%), Vitamin B1: 0.23mg (15.65%), Phosphorus: 154.67mg (15.47%), Magnesium: 60.23mg (15.06%), Iron: 2.54mg (14.11%), Vitamin B2: 0.24mg (13.96%), Vitamin E: 2.07mg (13.8%), Copper: 0.24mg (12.23%), Vitamin

B5: 1.21mg (12.06%), Calcium: 84.52mg (8.45%), Zinc: 1.04mg (6.95%)