



Vegetable Korma

READY IN



50 min.

SERVINGS



4

CALORIES



385 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounce baking potatoes diced peeled
- ☐ 1.5 tablespoons butter
- ☐ 3 cups cauliflower florets
- ☐ 2 cups rice long-grain white hot cooked
- ☐ 1 cup edamame frozen shelled
- ☐ 1 teaspoon flour all-purpose
- ☐ 3 garlic clove minced
- ☐ 1 tablespoon ginger minced peeled
- ☐ 0.1 teaspoon ground cinnamon

- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.3 teaspoon turmeric
- ☐ 13.5 ounce lite coconut milk light canned
- ☐ 1 cup beef broth fat-free
- ☐ 1 cup onion chopped
- ☐ 1 tablespoon tomato paste

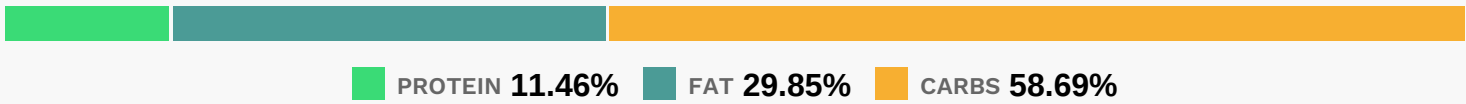
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Melt butter in a saucepan over medium-high heat.
- ☐ Add onion, and saut for 2 minutes.
- ☐ Add 1 tablespoon ginger and garlic; saut for 30 seconds, stirring constantly. Stir in tomato paste and next 4 ingredients (through cinnamon); saut for 1 minute, stirring frequently. Stir in edamame and potato.
- ☐ Combine chicken broth, flour, and milk, stirring until smooth.
- ☐ Add broth mixture to pan, and bring to a boil. Reduce heat, and simmer for 8 minutes, stirring occasionally. Stir in 3 cups cauliflower, and simmer for 9 minutes or until the vegetables are tender.
- ☐ Serve over white rice.

Nutrition Facts



Properties

Glycemic Index:128.69, Glycemic Load:38.37, Inflammation Score:-8, Nutrition Score:14.632608472005%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg

Nutrients (% of daily need)

Calories: 384.82kcal (19.24%), Fat: 12.68g (19.5%), Saturated Fat: 9.3g (58.14%), Carbohydrates: 56.07g (18.69%), Net Carbohydrates: 50.51g (18.37%), Sugar: 5.29g (5.87%), Cholesterol: 11.29mg (3.76%), Sodium: 286.24mg (12.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.95g (21.89%), Vitamin C: 45.91mg (55.64%), Manganese: 0.78mg (39.1%), Vitamin B6: 0.6mg (30.22%), Potassium: 1032.46mg (29.5%), Fiber: 5.57g (22.26%), Iron: 3.05mg (16.97%), Folate: 66.83µg (16.71%), Phosphorus: 139.35mg (13.94%), Vitamin K: 14.46µg (13.77%), Magnesium: 50.9mg (12.73%), Vitamin B5: 1.14mg (11.44%), Copper: 0.22mg (11.07%), Selenium: 7.75µg (11.07%), Vitamin B1: 0.16mg (10.58%), Vitamin B3: 1.87mg (9.35%), Calcium: 90.49mg (9.05%), Zinc: 1.02mg (6.79%), Vitamin B2: 0.11mg (6.63%), Vitamin A: 307.78IU (6.16%), Vitamin E: 0.51mg (3.42%)