



Vegetable Masala



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 1 carrots chopped
- ☐ 0.5 teaspoon chili powder
- ☐ 1 sprig cilantro leaves for garnish
- ☐ 1 teaspoon garam masala
- ☐ 0.5 teaspoon garlic powder
- ☐ 10 green beans french-style chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.5 teaspoon ground turmeric
- ☐ 1 teaspoon mustard seed
- ☐ 1 onion finely chopped
- ☐ 0.5 cup peas green frozen thawed
- ☐ 2 potatoes cubed peeled
- ☐ 1 teaspoon salt
- ☐ 2 tomatoes – blanched peeled chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 1 quart water cold

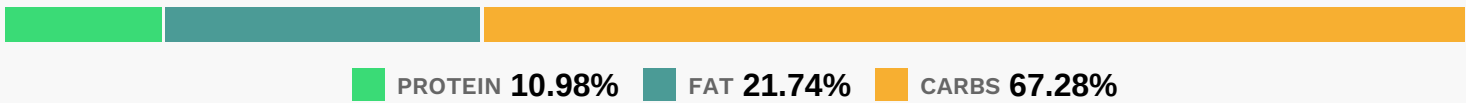
Equipment

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Place potatoes, carrots and green beans in the cold water. Allow to soak while you prepare the rest of the vegetables; drain.
- ☐ In a microwave safe dish place the potatoes, carrots, green beans, peas, salt and turmeric. Cook for 8 minutes.
- ☐ Heat oil in a large skillet over medium heat. Cook mustard seeds and cumin; when seeds start to sputter and pop, add the onion and saute until transparent. Stir in the tomatoes, garam masala, ginger, garlic and chili powder; saute 3 minutes.
- ☐ Add the cooked vegetables to the tomato mixture and saute 1 minute.
- ☐ Garnish with cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:83.23, Glycemic Load:16.3, Inflammation Score:-10, Nutrition Score:15.89173913002%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg

Nutrients (% of daily need)

Calories: 170.8kcal (8.54%), Fat: 4.31g (6.63%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 30g (10%), Net Carbohydrates: 24.16g (8.79%), Sugar: 5.92g (6.58%), Cholesterol: 0mg (0%), Sodium: 622.02mg (27.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Vitamin A: 3410.69IU (68.21%), Vitamin C: 41.57mg (50.39%), Manganese: 0.54mg (27.19%), Vitamin K: 27.58µg (26.27%), Vitamin B6: 0.49mg (24.54%), Fiber: 5.84g (23.36%), Potassium: 792.47mg (22.64%), Magnesium: 54.05mg (13.51%), Vitamin B1: 0.2mg (13.49%), Copper: 0.27mg (13.3%), Folate: 52.66µg (13.16%), Phosphorus: 125.92mg (12.59%), Iron: 2.14mg (11.9%), Vitamin B3: 2.28mg (11.41%), Vitamin E: 0.98mg (6.53%), Vitamin B2: 0.11mg (6.39%), Zinc: 0.89mg (5.96%), Calcium: 56.21mg (5.62%), Vitamin B5: 0.51mg (5.1%), Selenium: 2.77µg (3.95%)