



 **16%**
HEALTH SCORE

Vegetarian Korma

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



460 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounce tomato sauce canned
- 4 carrots cubed
- 1.5 tablespoons curry powder
- 1 bunch cilantro leaves fresh for garnish
- 1 teaspoon ginger fresh minced
- 4 cloves garlic minced
- 0.5 bell pepper green chopped
- 1 cup heavy whipping cream

- 1 jalapeno fresh seeded sliced
- 1 small onion diced
- 1 cup peas green frozen
- 2 potatoes cubed
- 3 tablespoons cashew pieces unsalted
- 0.5 bell pepper red chopped
- 2 teaspoons salt
- 1.5 tablespoons vegetable oil

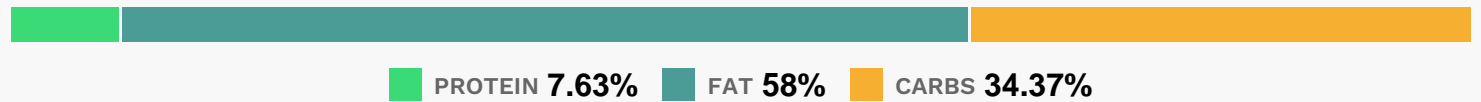
Equipment

- frying pan

Directions

- Heat the oil in a skillet over medium heat. Stir in the onion, and cook until tender.
- Mix in ginger and garlic, and continue cooking 1 minute.
- Mix potatoes, carrots, jalapeno, cashews, and tomato sauce. Season with salt and curry powder. Cook and stir 10 minutes, or until potatoes are tender.
- Stir peas, green bell pepper, red bell pepper, and cream into the skillet. Reduce heat to low, cover, and simmer 10 minutes.
- Garnish with cilantro to serve.

Nutrition Facts



Properties

Glycemic Index:107.03, Glycemic Load:18.91, Inflammation Score:-10, Nutrition Score:26.368260869565%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin:

6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 459.54kcal (22.98%), Fat: 30.78g (47.36%), Saturated Fat: 15.21g (95.08%), Carbohydrates: 41.04g (13.68%), Net Carbohydrates: 32.41g (11.79%), Sugar: 10.95g (12.17%), Cholesterol: 67.24mg (22.41%), Sodium: 1368.89mg (59.52%), Protein: 9.11g (18.21%), Vitamin A: 12183.77IU (243.68%), Vitamin C: 79.66mg (96.56%), Vitamin K: 44.74µg (42.61%), Manganese: 0.77mg (38.7%), Vitamin B6: 0.72mg (35.93%), Fiber: 8.63g (34.51%), Potassium: 1073.37mg (30.67%), Phosphorus: 234.24mg (23.42%), Copper: 0.46mg (23.23%), Magnesium: 86.87mg (21.72%), Vitamin B1: 0.31mg (20.76%), Vitamin E: 2.87mg (19.12%), Folate: 76.45µg (19.11%), Iron: 3.31mg (18.36%), Vitamin B2: 0.29mg (17%), Vitamin B3: 3.29mg (16.43%), Zinc: 1.78mg (11.83%), Calcium: 113.29mg (11.33%), Vitamin B5: 0.95mg (9.48%), Selenium: 5.43µg (7.76%), Vitamin D: 0.95µg (6.35%), Vitamin B12: 0.1µg (1.59%)