



 **100%**  
HEALTH SCORE

## Vindaloo Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



6

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 tsp cardamom
- 2 small carrots thinly sliced
- 4 cups cauliflower florets
- 0.5 tsp ground pepper to taste
- 1 dates pitted coarsely chopped
- 0.5 tsp ground mustard dry
- 3 cloves garlic peeled
- 1 tbsp ginger peeled chopped

- 1.5 tsp ground coriander
- 1.3 tsp ground cumin
- 1.5 cups kidney beans canned rinsed cooked drained (15.5 ounce beans, and )
- 1 cup peas green frozen thawed
- 1 bell pepper diced green red seeded
- 6 servings pepper black freshly ground (salt is optional)
- 6 ounce canned tomatoes canned
- 0.5 tsp turmeric
- 6 servings water
- 1 tbsp citrus champagne vinegar
- 1 large onion yellow chopped
- 2 small zucchini cut into 1/4-inch-thick slices

## Equipment

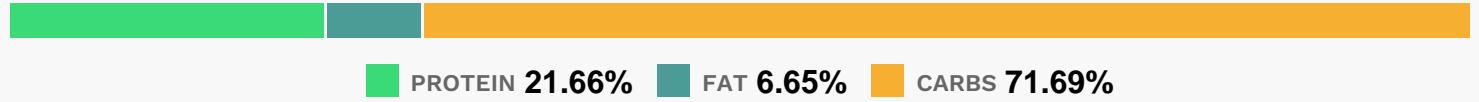
- food processor
- pot
- blender
- wok

## Directions

- In a blender or food processor, combine the garlic, ginger, date, coriander and other spices, vinegar, and 1/2 cup water; process until smooth and set aside.
- Heat a large non-stick pot or wok over medium-high heat.
- Add the onions and carrots and one tablespoon of water, cover, and cook until softened, stirring often and adding more water as necessary to prevent burning about 5 minutes.
- Add the spice paste from the blender and cook, stirring, for 2 minutes.
- Add the cauliflower and kidney beans. Cover and turn heat to low.
- Put the tomato paste and 1 1/4 cup water in the blender and blend thoroughly.
- Add the tomato paste mixture to the vegetables, cover, and cook for 5 minutes.

- Add the zucchini and bell pepper, season with pepper and salt (if using), and continue cooking, covered, until the vegetables are tender, but not mushy, about 5 -10 minutes.
- Add the peas and allow to heat through for a couple of minutes.
- Serve alone or over basmati rice or other grain.

## Nutrition Facts



## Properties

Glycemic Index:73.74, Glycemic Load:6.31, Inflammation Score:-10, Nutrition Score:21.546521964281%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 8.83mg, Quercetin: 8.83mg, Quercetin: 8.83mg, Quercetin: 8.83mg

## Nutrients (% of daily need)

Calories: 142.5kcal (7.13%), Fat: 1.14g (1.76%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 18.93g (6.89%), Sugar: 8.52g (9.46%), Cholesterol: 0mg (0%), Sodium: 89.44mg (3.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.73%), Vitamin C: 81.06mg (98.26%), Vitamin A: 3798.87IU (75.98%), Manganese: 0.73mg (36.26%), Folate: 142.35µg (35.59%), Fiber: 8.75g (35.02%), Vitamin K: 26.91µg (25.63%), Vitamin B6: 0.47mg (23.31%), Potassium: 797.8mg (22.79%), Iron: 3.17mg (17.6%), Phosphorus: 170.68mg (17.07%), Vitamin B1: 0.25mg (16.7%), Magnesium: 65.93mg (16.48%), Copper: 0.33mg (16.45%), Vitamin B2: 0.19mg (11.21%), Vitamin B3: 2.1mg (10.52%), Zinc: 1.41mg (9.38%), Vitamin B5: 0.89mg (8.86%), Calcium: 81.1mg (8.11%), Vitamin E: 1.01mg (6.71%), Selenium: 2.55µg (3.64%)