



Warming veggie curry



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 butternut squash thick peeled cut into slices
- ☐ 1 onion sliced
- ☐ 1 tbsp curry paste red
- ☐ 50 g full fat coconut cream
- ☐ 250 g jicama frozen french
- ☐ 4 servings naan breads

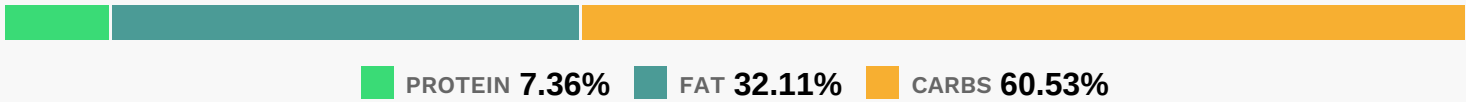
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat the oil in a saucepan. Tip in the squash and onion, then gently fry for about 5 mins until soft, but not brown. Tip in the curry paste and cook for 1 min more. Stir the coconut cream together with 300ml boiling water, then pour into the pan. Bring to the boil and simmer for 10 mins.
- ☐ Add the beans to the pan, then cook for about 3–5 mins more until everything is just tender.
- ☐ Serve with warmed naan bread.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.93, Inflammation Score:-10, Nutrition Score:18.713478357896%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 289.25kcal (14.46%), Fat: 10.83g (16.66%), Saturated Fat: 4.87g (30.41%), Carbohydrates: 45.92g (15.31%), Net Carbohydrates: 37.73g (13.72%), Sugar: 7.67g (8.53%), Cholesterol: 2.48mg (0.83%), Sodium: 223.4mg (9.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.17%), Vitamin A: 20535.55IU (410.71%), Vitamin C: 54.7mg (66.3%), Fiber: 8.19g (32.76%), Manganese: 0.61mg (30.74%), Vitamin E: 4.43mg (29.54%), Potassium: 834.53mg (23.84%), Magnesium: 77.5mg (19.38%), Vitamin B6: 0.35mg (17.69%), Folate: 66.22µg (16.56%), Vitamin B1: 0.22mg (14.43%), Calcium: 130.13mg (13.01%), Vitamin B3: 2.52mg (12.59%), Iron: 2.13mg (11.82%), Copper: 0.22mg (11.15%), Phosphorus: 96.35mg (9.64%), Vitamin B5: 0.9mg (9.01%), Vitamin B2: 0.06mg (3.71%), Zinc: 0.55mg (3.65%), Vitamin K: 2.55µg (2.43%), Selenium: 1.51µg (2.16%)