



West Indian Vegetable Curry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups carrots ()
- ☐ 1.5 teaspoons curry powder
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 3 garlic clove minced
- ☐ 0.3 cup spring onion chopped
- ☐ 1 scotch bonnet peppers
- ☐ 1 pound hubbard squash cubed peeled
- ☐ 1 teaspoon kosher salt

- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups plum tomatoes chopped
- ☐ 1 cup bell pepper red chopped
- ☐ 2 cups vegetable stock organic divided (such as Swanson Certified)
- ☐ 1 cup onion yellow chopped
- ☐ 3 cups zucchini halved lengthwise sliced

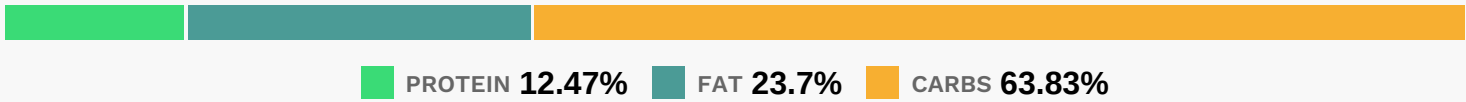
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add yellow onion and next 6 ingredients (through garlic) to pan; saut 5 minutes or until vegetables are tender.
- ☐ Add 1 cup broth, scraping pan to loosen browned bits.
- ☐ Add remaining 1 cup broth and carrot; saut 5 minutes.
- ☐ Pierce habanero with a fork; add to pan. Stir in squash, tomato, and zucchini; bring to a boil. Reduce heat, and simmer 10 minutes. Discard habanero; simmer 15 minutes or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:51.55, Glycemic Load:2.86, Inflammation Score:-10, Nutrition Score:15.885652086009%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Myricetin: 0.1mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 95.82kcal (4.79%), Fat: 2.84g (4.36%), Saturated Fat: 0.45g (2.8%), Carbohydrates: 17.18g (5.73%), Net Carbohydrates: 11.57g (4.21%), Sugar: 8.99g (9.99%), Cholesterol: 0mg (0%), Sodium: 631.97mg (27.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Vitamin A: 6398.46IU (127.97%), Vitamin C: 58.74mg (71.2%), Fiber: 5.61g (22.44%), Manganese: 0.42mg (21.12%), Vitamin K: 20.73µg (19.74%), Vitamin B6: 0.38mg (19.19%), Potassium: 654.92mg (18.71%), Folate: 53.26µg (13.31%), Magnesium: 39.28mg (9.82%), Vitamin E: 1.36mg (9.04%), Vitamin B1: 0.13mg (8.88%), Vitamin B2: 0.14mg (7.96%), Phosphorus: 73.12mg (7.31%), Vitamin B3: 1.42mg (7.09%), Copper: 0.14mg (7.05%), Iron: 1.21mg (6.72%), Vitamin B5: 0.59mg (5.92%), Calcium: 48.86mg (4.89%), Zinc: 0.56mg (3.73%), Selenium: 0.88µg (1.25%)