



 **18%**
HEALTH SCORE

Wonderful Veggie Curry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 teaspoon mustard seeds shopping list black
- 0.8 teaspoon cardamom
- 2 medium carrots sliced
- 1 medium head cauliflower cut into florets
- 0.8 teaspoon ground pepper
- 1.5 teaspoon cinnamon
- 0.8 teaspoon fennel seeds
- 2 teaspoons ginger fresh grated

- 5 medium garlic clove minced
- 2 teaspoons ground coriander
- 0.8 teaspoon ground cumin
- 2 cups onion chopped (can omit if you don't like)
- 2 cups bell pepper green frozen chopped
- 0.5 teaspoon sea salt (I use sea salt)
- 3 cups sweet potatoes and into cubed
- 2 medium tomatoes chopped
- 1.5 teaspoons turmeric
- 3 tablespoons vegetable oil
- 0.8 cup water

Equipment

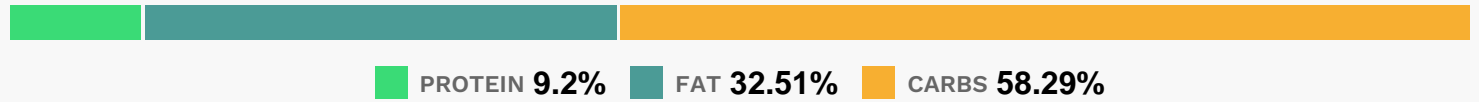
- frying pan
- pot
- steamer basket

Directions

- Soften the onion, if using in a little water in a small pot. Set aside. In a separate, large pot, begin steaming the sweet potatoes. After about 5-10 minutes add the carrots; in 5 more minutes add the cauliflower. Steam for 5 minutes more. (They don't need to be cooked yet, just basically warmed.) Meanwhile, heat the oil over medium in a small frying pan; add the mustard seeds and saute till they begin to pop.
- Add the remaining spices and cook on LOW heat for a minute or two, be very careful not to burn them.
- Remove from heat.
- Remove the steamer basket from the veggies, add the softened onion and stir in the spice mixture.
- Add water. Bring to a gentle simmer and cook, stirring occasionally, for 20 minutes. When sweet potatoes are tender but not totally cooked, add the tomatoes and peas/peppers (a combo works fine). Simmer for another 15 minutes.

Serve over your favorite basmati rice, with the garnishes for a more Indian-style meal. Enjoy!

Nutrition Facts



Properties

Glycemic Index:38.6, Glycemic Load:7.59, Inflammation Score:-10, Nutrition Score:18.468695360681%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.58mg, Quercetin: 9.58mg, Quercetin: 9.58mg, Quercetin: 9.58mg

Nutrients (% of daily need)

Calories: 152.08kcal (7.6%), Fat: 5.89g (9.06%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 23.75g (7.92%), Net Carbohydrates: 17.94g (6.52%), Sugar: 7.67g (8.52%), Cholesterol: 0mg (0%), Sodium: 211.57mg (9.2%), Alcohol: 0g (100%), Protein: 3.75g (7.5%), Vitamin A: 10100.22IU (202%), Vitamin C: 74.94mg (90.84%), Manganese: 0.61mg (30.64%), Vitamin K: 29.15µg (27.76%), Fiber: 5.81g (23.25%), Vitamin B6: 0.45mg (22.64%), Potassium: 669.77mg (19.14%), Folate: 66.24µg (16.56%), Magnesium: 42.86mg (10.71%), Vitamin B5: 1.05mg (10.49%), Phosphorus: 98.22mg (9.82%), Vitamin B1: 0.15mg (9.79%), Copper: 0.19mg (9.71%), Iron: 1.48mg (8.2%), Vitamin E: 1.12mg (7.44%), Calcium: 69.76mg (6.98%), Vitamin B2: 0.12mg (6.96%), Vitamin B3: 1.3mg (6.52%), Zinc: 0.67mg (4.49%), Selenium: 1.99µg (2.84%)