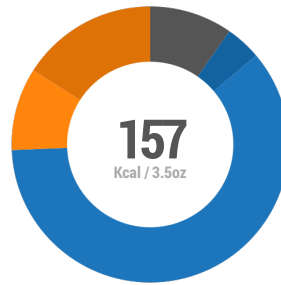


Cauliflower Coconut Curry

By Ashlyn Housewright

Overview ...

U / 5530718



CALORIES:

64.7% Carbs

9.7% Protein

25.6% Fat

Food Labelling...

US Label values per 3.5oz

Serves **6**

	PER 3.5OZ	%DV	PER 1LB SERVING	%DV
Calories	160 kcal	8%	730 kcal	37%
Total Fat	4.5 g	6%	21 g	27%
Saturated Fat	3 g	15%	13 g	65%
Trans Fats	0 g	-	0 g	-
Cholesterol	0 mg	0%	0 mg	0%
Sodium	110 mg	5%	500 mg	22%
Total Carbohydrate	26 g	9%	122 g	44%
Dietary Fiber	2 g	7%	8 g	29%
Total Sugars	2 g	-	8 g	-
Added Sugars	1 g	2%	3 g	6%
Protein	4 g	8%	18 g	36%
Vitamin D	0 ug	0%	0 ug	0%
Calcium	30 mg	2%	160 mg	10%
Iron	0.8 mg	4%	3.7 mg	20%
Potassium	55 mg	2%	250 mg	6%

CONTAINS:



WHEAT



SOY

MAY CONTAIN:



EGGS



MILK

Nutrient Breakdown per 3.5oz...

Energy

Energy(kcal) **8% RI**
Energy(Kj) **8% RI**

157kcal
663kJ

Macronutrients

Carbohydrate **9% RI**
Protein **8% RI**
Fat **6% RI**
Water

24.7g
3.8g
4.5g
64g

Lipid Components

Saturated Fat **14% RI**
Monounsaturated fat
 cis-Mono
Polyunsaturated fat
 Omega3(n-3)
 Omega6(n-6)
 cis-Poly
Trans-fatty acids

2.8g
0.71g
-
0.47g
-
-
-
0.01g

Vitamins

Vitamin A (ret eq) **0% RI**
Retinol
Carotene
Vitamin D
Vitamin E **2% RI**
Vitamin K ₁ **1% RI**
Thiamin (B₁) **20% RI**

3.2ug
0ug
-
0ug
0.31mg
0.77ug
0.23mg

Water from Drinks	0g	Cholesterol	0mg	Riboflavin (B ₂) 8% RI	0.11mg
Alcohol (0% ABV)	0g	Minerals & trace elements		Niacin total (B ₃)	-
Carbohydrate		Sodium 5% RI	108mg	Niacin 8% RI	1.2mg
Starch	22.5g	Potassium 1% RI	54mg	Tryptophan	1.4mg
Oligosaccharide	-	Chloride 0% RI	9.5mg	Pantothenic Acid (B ₅) 2% RI	0.11mg
Fiber 6% RI	1.7g	Calcium 3% RI	34.2mg	Vitamin B ₆ 2% RI	0.04mg
NSP	0.6g	Phosphorus 2% RI	22.5mg	Folates (B ₉) Total 5% RI	21ug
Sugars	1.6g	Magnesium 2% RI	6.9mg	Vitamin B ₁₂	0ug
Glucose	0.31g	Iron 4% RI	0.8mg	Biotin (B ₇)	-
Galactose	0g	Zinc 2% RI	0.18mg	Vitamin C 13% RI	11.7mg
Fructose	0.35g	Copper 4% RI	0.03mg	Other	
Sucrose	trace	Manganese 6% RI	0.15mg	GI (estimated)	24.2
Maltose	0.33g	Selenium 10% RI	5.6ug	GL	6
Lactose	0.05g	Iodine	-	Caffeine	0mg

Recipe Ingredients ...	Quantity:	Description:	Cost:
Oil, olive, salad or cooking - US15	0.4581floz	3.23 teaspoon	0.00
DICED YELLOW ONIONS - US-B	6oz	6 ONZ	0.00
Garlic, raw - US15	0.3175oz	3 cloves	0.00
ORGANIC MINCED GINGER - US-B	0.5291oz	3 tsp	0.00
Olde thompson, yellow curry powder - US-B	0.0247oz	4x tsp	0.00
Spices, cinnamon, ground - US15	0.1834oz	2 tsp	0.00
Ground cumin - US-B	0.1235oz	2x tsp	0.00
Sea salt - US-B	0.0212oz	2x tsp	0.00
Tomatoes, red, ripe, canned, packed in tomato juice, no salt added - US15	14oz	3.58 medium	0.00
Natural coconut milk - US-B	14.1oz	8x cup	0.00
CAULIFLOWER - US-B	15oz	15 ONZ	0.00
Bread, naan, plain, commercially prepared, refrigerated - US15	1.2lb	6 piece	0.00
JASMINE COOKED RICE - US-B	1.8lb	5 cup	0.00
TOTAL COST:			0.00

Products / Pack Sizes ...

6 Serving

Product code

Barcode

1lb / 741kcal

Serving per pack

Net pack weight

0.00 ↗

Sale price (0+ 0%)

Ingredient List (QUID) ...

JASMINE COOKED RICE [JASMINE RICE, WATER], Naan Bread (WHEAT), CAULIFLOWER [Cauliflower], Natural COCONUT Milk [Coconut extract, water.], Tomatoes, DICED YELLOW ONIONS [YELLOW ONION], ORGANIC MINCED GINGER [ORGANIC GINGER, WATER, ORGANIC VINEGAR, ORGANIC SOYBEAN OIL, CITRIC ACID], Olive Oil, Garlic, Ground Cinnamon, Ground Cumin, Olde Thompson, Yellow Curry Powder [Coriander, turmeric, ginger, fennel, cumin, black pepper, salt, garlic, fenugreek, chilli.], Sea Salt [Atlantic Sea Salt]

Cooking Instructions & Notes

1. In a 5-quart (or medium-sized stock pot) heat olive oil over medium heat. Add onions and sauté until translucent, about 5 minutes. Add the garlic and ginger and continue sautéing until fragrant, about 1 minute.
2. Stir in the curry powder, cinnamon, cumin, salt and tomatoes.
3. Stir in coconut milk and bring the pot to a boil. Simmer for 5 minutes, stirring often.
4. Use an immersion blender to blend the curry mixture until smooth. Alternatively, remove from heat, transfer the curry to a blender, blending until smooth.
5. Return the pot to a boil and add the cauliflower florets. Simmer until the cauliflower is fork-tender, about 15 minutes.
6. Serve over rice with with fresh cilantro and warm naan.