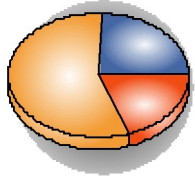


# Broccoli Cauliflower Mushroom Curry

Recipe grams: 499.33g/17.6oz

Serves 1 499.33g/17.6oz per serving



**Protein:** 24%  
**Carbohydrates:** 56%  
**Fat:** 19%



## INGREDIENTS

- 2 cup Broccoli, Chopped, Raw
- 1 large Onion, Raw
- 5 clove Garlic, Minced
- 1 tsp Cashew Butter - Can Also Use Peanut Or Almond Butter
- 1/2 cup Mushroom, Raw, , Sliced
- 1 cup Cauliflower, Raw
- 1 tsp Cumin, Ground
- 1/4 cup Carrot, Raw, Sliced
- 1 tsp Curry Powder

## DIRECTIONS

1. Slice the mushrooms and chop vegetables
  2. Saute the garlic and onions with the curry powders in 1/2 cup water, wine or vegetable stock.
  3. Add the mushrooms and continue sauteeing, add more water or stock if necessary
  4. Add the remaining ingredients to the pot and form a sauce
  5. Add the broccoli and cauliflower, mix with sauce, cover and steam for 5 minutes
- Add salt and pepper to taste
6. Serve over Brown Basmati rice and enjoy!

This recipe serves 1, multiply by the number of people to be served.

## NUTRIENT ANALYSIS/SERVING

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	236		Vit-B6 Pyridoxine (mg)	1*	48%
Protein (g)	13	26%	Total Folate (mcg)	201*	50%
Carbohydrates (g)	43	14%	Vit-C (mg)	238	396%
Dietary Fiber (g)	13	50%	Vit-D (IU)	3*	1%
Fat (g)	5	7%	Vit-E (IU)	3*	11%
Cholesterol (mg)	0	0%	Calcium (mg)	212	21%
Vit-A (mcg_RAE)	317*		Magnesium (mg)	97*	24%
Vit-B1 Thiamine (mg)	0*	24%	Potassium (mg)	1402	
Vit-B2 Riboflavin (mg)	1*	33%	Sodium (mg)	134	6%
Vit-B3 Niacin (mg)	4*	21%	Iron (mg)	4	24%
			Selenium (mcg)	13*	19%

Values marked with a single asterisk (\*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.