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Curry Beans

Curry beans is a delicious vegetarian dish made with kidney beans, spices, and coconut milk. It has a rich and creamy texture with a hint of spice. This dish is commonly consumed in Indian cuisine and is often served with rice or naan bread.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Kidney Beans
100 g	onion
3 cloves	garlic
10 g	Ginger
400 ml	coconut milk

2 tsp	curry powder
1 tsp	turmeric powder
1 tsp	cumin powder
1 tsp	coriander powder
1 tsp	salt
2 tbsp	vegetable oil
10 g	fresh cilantro

Directions

Step 1

Soak the kidney beans in water overnight.

Prep Time: 127 mins

Cook Time: 0 mins

Step 2

Pressure cooker

In a pressure cooker, cook the soaked kidney beans until soft.

Prep Time: 0 mins

Cook Time: 20 mins

Step 3

Stove

In a pan, heat vegetable oil and sauté onions, garlic, and ginger until golden brown.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stove

Add curry powder, turmeric powder, cumin powder, and coriander powder to the pan and cook for 2 minutes.

Prep Time: 1 mins

Cook Time: 2 mins

Step 5

Stove

Add cooked kidney beans, coconut milk, and salt to the pan. Simmer for 10 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Garnish with fresh cilantro and serve hot with rice or naan bread.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 320 kcal

Fat: 20 g

Protein: 10 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	8 g	21.05%	32%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Indian Vietnamese Italian

Course

Salads Snacks

Diet

Anti-Inflammatory Diet

Nutritional Content

Low Calorie Low Fat Low Carb High Fiber Low Sodium Sugar-Free
High Vitamin C High Iron High Calcium

Kitchen Tools

Blender Mixer Oven Stove Microwave

Meal Type

Brunch Supper

Difficulty Level

Medium

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