



WHATSheATE



HEALTH SCORE

53%

Basic curry sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



1

CALORIES



751 kcal

SAUCE

Ingredients



3 tbsp vegetable oil



500 g onion finely chopped



6 garlic cloves peeled chopped



1 large knob root ginger peeled finely chopped



2 tbsp madras curry paste



400 g tomatoes chopped canned

Equipment

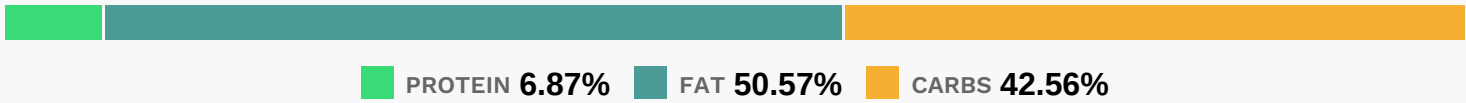


frying pan

Directions

- ☐ Heat oil in a large shallow pan. Throw in onions and cook for 10 mins, or until soft. Tip in the garlic and ginger, then cook for a further 2 mins, watching the garlic doesnt burn. Stir in curry paste and cook for another min.
- ☐ Now pour in 1 litre of cold water, the tomatoes and 1 tsp salt. Give it a good stir and bring to the boil. Cook the sauce over a high heat for about 10 mins, or until the liquid has reduced by a third. Will keep for 1 week in the fridge or freeze for up to 2 months.

Nutrition Facts



Properties

Glycemic Index:110, Glycemic Load:20.2, Inflammation Score:-10, Nutrition Score:42.846956460372%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 25.05mg, Isorhamnetin: 25.05mg, Isorhamnetin: 25.05mg, Isorhamnetin: 25.05mg Kaempferol: 3.3mg, Kaempferol: 3.3mg, Kaempferol: 3.3mg, Kaempferol: 3.3mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 101.81mg, Quercetin: 101.81mg, Quercetin: 101.81mg, Quercetin: 101.81mg

Nutrients (% of daily need)

Calories: 750.79kcal (37.54%), Fat: 44.71g (68.78%), Saturated Fat: 7.54g (47.13%), Carbohydrates: 84.67g (28.22%), Net Carbohydrates: 67.06g (24.38%), Sugar: 41.13g (45.7%), Cholesterol: 0mg (0%), Sodium: 551.73mg (23.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.67g (27.35%), Vitamin A: 5596.62IU (111.93%), Vitamin C: 81.99mg (99.38%), Vitamin K: 98.54µg (93.85%), Manganese: 1.68mg (84.01%), Vitamin B6: 1.42mg (71.24%), Fiber: 17.61g (70.43%), Potassium: 1978.33mg (56.52%), Vitamin E: 8.45mg (56.36%), Copper: 0.98mg (49.15%), Iron: 7.35mg (40.82%), Vitamin B1: 0.57mg (37.75%), Folate: 147.65µg (36.91%), Magnesium: 134.93mg (33.73%), Calcium: 325.74mg (32.57%), Phosphorus: 300.88mg (30.09%), Vitamin B3: 5.6mg (28.01%), Vitamin B2: 0.36mg (21.36%), Vitamin B5: 1.84mg (18.36%), Zinc: 2.14mg (14.28%), Selenium: 7.46µg (10.66%)