



Betel Leaf Wraps with Curried Squid and Cucumber Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



128 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup celery diced finely
- ☐ 10 long cilantro stems fresh chopped
- ☐ 0.5 cup full fat coconut cream
- ☐ 1 tablespoon curry powder homemade
- ☐ 1 tablespoon fish sauce (such as nam pla or nuoc nam)
- ☐ 1 piece ginger fresh peeled chopped
- ☐ 2 garlic cloves halved

- ☐ 2 tablespoons low-salt chicken broth
- ☐ 1 tablespoon oyster sauce
- ☐ 0.5 cup persian cucumber diced unpeeled finely
- ☐ 1 jalapeño chile red seeded cut into matchstick-size strips
- ☐ 16 small romaine lettuce leaves
- ☐ 8 ounces squid bodies cleaned
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons distilled vinegar white

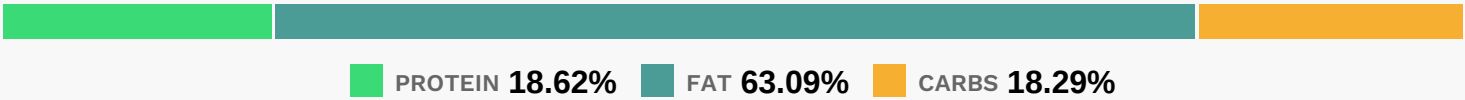
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Stir vinegar and sugar in small bowl until sugar dissolves; set aside to use as dressing.
- ☐ Combine cucumber, celery, chile, and ginger in another small bowl.
- ☐ Mix dressing into relish by tablespoonfuls to taste.
- ☐ Grind cilantro stems, garlic, and ginger in mini processor to paste.
- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Add cilantro paste and stir 1 minute.
- ☐ Add curry powder; stir 30 seconds.
- ☐ Add squid and chile strips. Stir-fry until squid is almost tender, about 1 minute. Stir in fish sauce, oyster sauce, and sugar.
- ☐ Add coconut cream and chicken broth. Stir until sauce thickens slightly, about 1 minute.
- ☐ Arrange betel leaves on platter. Using slotted spoon, top each leaf with squid mixture. Spoon relish over.

Nutrition Facts



Properties

Glycemic Index:34.89, Glycemic Load:0.54, Inflammation Score:-10, Nutrition Score:16.064347754354%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 127.73kcal (6.39%), Fat: 9.34g (14.37%), Saturated Fat: 5.29g (33.05%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 4.07g (1.48%), Sugar: 1.6g (1.78%), Cholesterol: 66.05mg (22.02%), Sodium: 263.93mg (11.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.41%), Vitamin A: 5115.22IU (102.3%), Vitamin K: 75.33µg (71.74%), Copper: 0.65mg (32.45%), Folate: 88.47µg (22.12%), Selenium: 13.57µg (19.38%), Manganese: 0.37mg (18.66%), Phosphorus: 108.78mg (10.88%), Vitamin B2: 0.17mg (10.24%), Vitamin C: 7.94mg (9.62%), Potassium: 330.66mg (9.45%), Fiber: 2.02g (8.1%), Iron: 1.44mg (8.01%), Magnesium: 30.56mg (7.64%), Vitamin B12: 0.39µg (6.54%), Vitamin E: 0.95mg (6.35%), Vitamin B3: 1.18mg (5.89%), Vitamin B6: 0.11mg (5.66%), Zinc: 0.8mg (5.32%), Calcium: 41.85mg (4.19%), Vitamin B1: 0.06mg (4.04%), Vitamin B5: 0.32mg (3.2%)