



Calamari Curry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2.5 pound calamari frozen thawed cleaned (tubes and tentacles)
- ☐ 14 ounce coconut milk canned
- ☐ 1.5 cups chicken broth
- ☐ 7 servings rice hot cooked
- ☐ 1 tablespoon curry powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated

- ☐ 1 tablespoon garlic minced
- ☐ 2 teaspoons ground coriander
- ☐ 1 jalapeno minced seeded
- ☐ 1 tablespoon brown sugar light
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 teaspoons lime rind grated
- ☐ 7 servings garnishes: mint fresh toasted chopped
- ☐ 1 onion finely chopped
- ☐ 3 tablespoons vegetable oil; peanut oil preferred
- ☐ 4 plum tomatoes seeded chopped
- ☐ 0.5 teaspoon salt

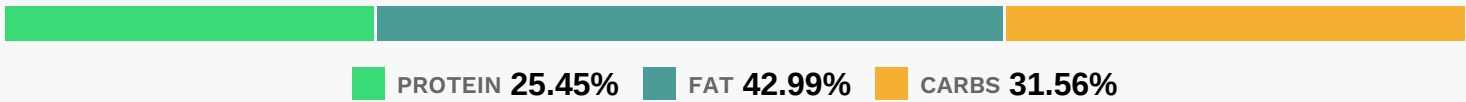
Equipment

- ☐ dutch oven

Directions

- ☐ Heat peanut oil in a Dutch oven over medium heat; add onion, and saut 5 minutes or until tender.
- ☐ Add tomato and next 7 ingredients; cook over medium heat 4 minutes.
- ☐ Add coconut milk and next 5 ingredients; bring to a boil, reduce heat, and simmer 5 minutes.
- ☐ Cut calamari into 1-inch pieces; add to curry sauce, and cook over medium heat 2 to 3 minutes or until calamari is opaque.
- ☐ Serve with rice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:54.86, Glycemic Load:24.8, Inflammation Score:-5, Nutrition Score:26.607391398886%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 466.18kcal (23.31%), Fat: 22.39g (34.45%), Saturated Fat: 13.67g (85.46%), Carbohydrates: 36.99g (12.33%), Net Carbohydrates: 34.03g (12.37%), Sugar: 5.6g (6.22%), Cholesterol: 378.46mg (126.15%), Sodium: 437.81mg (19.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.83g (59.67%), Copper: 3.33mg (166.31%), Selenium: 82.81µg (118.3%), Manganese: 1.13mg (56.34%), Phosphorus: 472.71mg (47.27%), Vitamin B2: 0.73mg (42.78%), Vitamin B12: 2.12µg (35.27%), Magnesium: 95.75mg (23.94%), Vitamin B3: 4.72mg (23.58%), Vitamin E: 3.51mg (23.37%), Vitamin C: 19.2mg (23.28%), Zinc: 3.46mg (23.05%), Potassium: 736.21mg (21.03%), Iron: 2.78mg (15.43%), Vitamin B6: 0.27mg (13.36%), Vitamin B5: 1.3mg (13.04%), Fiber: 2.96g (11.84%), Calcium: 91.7mg (9.17%), Vitamin A: 427.46IU (8.55%), Folate: 30.56µg (7.64%), Vitamin B1: 0.1mg (6.8%), Vitamin K: 6.54µg (6.23%)