



Coconut-Lime Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



50

CALORIES



64 kcal

SAUCE

Ingredients

- 0.3 cup curry powder
- 2 lime zest finely grated
- 50 servings salt
- 8 large scallions light white green finely chopped
- 0.3 cup sugar
- 4 cups coconut milk unsweetened
- 0.3 cup vegetable oil

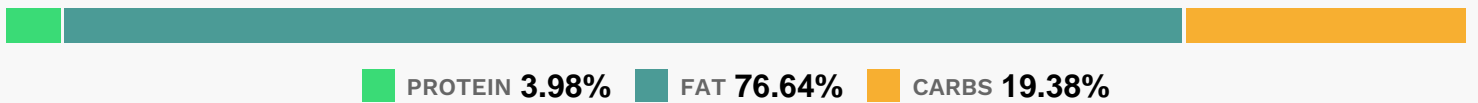
Equipment

- bowl
- sauce pan
- knife

Directions

- Using a sharp knife, peel the limes, removing all of the bitter white pith. Working over a bowl, cut in between the membranes to release the sections into the bowl. Finely chop the sections.
- Heat the oil in a large saucepan.
- Add the curry powder and stir over low heat until fragrant, about 5 minutes.
- Add the chopped lime and lime zest and cook over moderately high heat until the juices have evaporated, about 5 minutes.
- Add the sugar and stir until melted.
- Add the scallions and cook, stirring, for 2 minutes.
- Add the coconut milk and boil over moderately high heat, stirring often, until reduced to 2 1/2 cups, about 15 minutes.
- Let cool, then season with salt.
- Transfer to jars and refrigerate.
- Make Ahead: The sauce can be refrigerated for 1 month.

Nutrition Facts



Properties

Glycemic Index:2.78, Glycemic Load:0.84, Inflammation Score:-1, Nutrition Score:2.5447825763537%

Flavonoids

Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 63.57kcal (3.18%), Fat: 5.84g (8.98%), Saturated Fat: 4.25g (26.54%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.33g (0.85%), Sugar: 1.81g (2.01%), Cholesterol: 0mg (0%), Sodium: 197.99mg (8.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Manganese: 0.23mg (11.69%), Vitamin K: 11.5µg (10.95%), Iron: 0.74mg (4.13%), Fiber: 0.99g (3.98%), Copper: 0.07mg (3.3%), Magnesium: 11.07mg (2.77%), Vitamin E: 0.41mg (2.71%), Vitamin C: 2.2mg (2.67%), Phosphorus: 25.29mg (2.53%), Potassium: 82.58mg (2.36%), Selenium: 1.43µg (2.05%), Folate: 7.67µg (1.92%), Zinc: 0.2mg (1.3%), Calcium: 12.62mg (1.26%), Vitamin B6: 0.02mg (1.18%), Vitamin B3: 0.21mg (1.07%), Vitamin A: 52.88IU (1.06%)