



Coconut Red Curry Sauce and Noodles

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



529 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 2 medium carrots julienned
- ☐ 0.5 block extra-firm tofu
- ☐ 4 servings cilantro leaves fresh chopped for garnish
- ☐ 1 piece ginger fresh grated
- ☐ 0.5 tablespoon honey
- ☐ 0.5 juice of lime fresh
- ☐ 4 servings kosher salt and pepper black freshly ground

- ☐ 1 cup napa cabbage
- ☐ 1 pound noodles fresh cooked
- ☐ 1 tablespoon curry paste red
- ☐ 3 scallions green sliced
- ☐ 1 small shallots diced finely
- ☐ 0.5 cup mushroom caps stemmed sliced
- ☐ 15 ounce coconut milk unsweetened canned

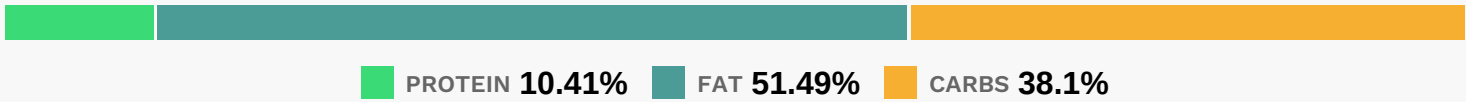
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat the oil in a small saucepan over medium heat. Cook the mushrooms, ginger and shallots until soft, about 3 minutes. Stir in the red curry paste and cook 1 minute.
- ☐ Whisk in the coconut milk, and then add the cabbage, carrots and tofu and cook 5 minutes more.
- ☐ Remove from the heat and stir in the honey, scallions, lime juice and cilantro. Season with salt and pepper.
- ☐ Let cool slightly, and then toss over the noodles.

Nutrition Facts



Properties

Glycemic Index:88.15, Glycemic Load:19.04, Inflammation Score:-10, Nutrition Score:23.104347685109%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg,

Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 529.28kcal (26.46%), Fat: 31.36g (48.25%), Saturated Fat: 23.18g (144.88%), Carbohydrates: 52.23g (17.41%), Net Carbohydrates: 45.36g (16.49%), Sugar: 10.28g (11.42%), Cholesterol: 0mg (0%), Sodium: 76.29mg (3.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.26g (28.53%), Vitamin A: 5845.52IU (116.91%), Manganese: 1.54mg (76.81%), Selenium: 38.45µg (54.94%), Vitamin K: 33.96µg (32.34%), Copper: 0.58mg (28.82%), Phosphorus: 277.92mg (27.79%), Fiber: 6.87g (27.5%), Iron: 4.39mg (24.4%), Magnesium: 89.31mg (22.33%), Potassium: 695mg (19.86%), Vitamin C: 13.67mg (16.56%), Vitamin B6: 0.3mg (14.87%), Vitamin B3: 2.93mg (14.66%), Folate: 58.01µg (14.5%), Zinc: 2.07mg (13.81%), Vitamin B5: 0.89mg (8.85%), Vitamin B1: 0.13mg (8.78%), Vitamin B2: 0.14mg (8.17%), Calcium: 81.07mg (8.11%), Vitamin E: 1.13mg (7.55%)