



## Coconut Tofu Keema

 **Gluten Free**  **Dairy Free**

READY IN



65 min.

SERVINGS



6

CALORIES



411 kcal

SIDE DISH

### Ingredients

- 16 ounce coconut milk canned
- 1.5 cups carrots chopped
- 1 teaspoon curry powder
- 14 ounce extra tofu diced firm
- 4 garlic clove pressed
- 1 tablespoon ground cumin
- 1.5 teaspoons ground ginger
- 0.3 cup olive oil

- 1 medium onion minced
- 1.5 cups peas frozen thawed
- 1 tablespoon korean honey citron tea paste red
- 1 teaspoon salt
- 6 cups tomato sauce

## Equipment

## Nutrition Facts

**PROTEIN 11.37%** **FAT 60.47%** **CARBS 28.16%**

## Properties

Glycemic Index:33.86, Glycemic Load:7.2, Inflammation Score:-10, Nutrition Score:26.75%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

## Nutrients (% of daily need)

Calories: 410.7kcal (20.53%), Fat: 29.53g (45.43%), Saturated Fat: 17.57g (109.84%), Carbohydrates: 30.94g (10.31%), Net Carbohydrates: 21.92g (7.97%), Sugar: 16.56g (18.4%), Cholesterol: 0mg (0%), Sodium: 1629.56mg (70.85%), Protein: 12.49g (24.98%), Vitamin A: 6706.07IU (134.12%), Manganese: 1.42mg (71.06%), Vitamin C: 38.18mg (46.28%), Potassium: 1293.64mg (36.96%), Copper: 0.72mg (36.2%), Fiber: 9.02g (36.08%), Vitamin E: 5.31mg (35.43%), Iron: 6.02mg (33.43%), Phosphorus: 275mg (27.5%), Magnesium: 106.62mg (26.66%), Vitamin K: 26.1µg (24.85%), Vitamin B3: 4.41mg (22.07%), Vitamin B6: 0.44mg (22.01%), Vitamin B1: 0.27mg (18.03%), Folate: 68.28µg (17.07%), Vitamin B2: 0.26mg (15.42%), Zinc: 2.11mg (14.05%), Selenium: 7.64µg (10.91%), Calcium: 106.7mg (10.67%), Vitamin B5: 1.06mg (10.57%)