



## Curry-Coconut Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



139 kcal

SAUCE

### Ingredients

- 1 tablespoons curry powder
- 0.5 cup basil leaves fresh chopped
- 1.5 tablespoons garlic minced
- 1 lemon zest
- 1.3 cups coconut milk light
- 2 tablespoons olive oil
- 1 teaspoon pepper flakes red crushed
- 0.5 teaspoon salt to taste

- 2 tablespoons soya sauce
- 2 teaspoons sugar to taste

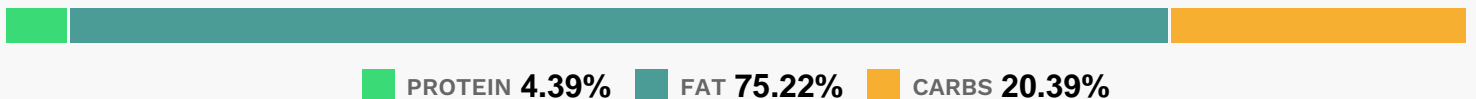
## Equipment

- bowl
- frying pan
- wok

## Directions

- Heat a wok or skillet over medium-high heat.
- Add the oil and heat until hot for 30 seconds.
- Add the pepper flakes, lemon zest, garlic, and curry powder and stir-fry until fragrant, about 15 seconds.
- Add the coconut milk, soy sauce, sugar, and salt and cook, stirring occasionally, until the sauce thickens slightly, about 1 1/2 minutes.
- Add the basil.
- Pour into a bowl.

## Nutrition Facts



## Properties

Glycemic Index:47.52, Glycemic Load:1.78, Inflammation Score:-3, Nutrition Score:3.7265217537465%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 139.21kcal (6.96%), Fat: 11.5g (17.68%), Saturated Fat: 5.18g (32.37%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 5.99g (2.18%), Sugar: 2.33g (2.59%), Cholesterol: 0mg (0%), Sodium: 855.37mg (37.19%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.02%), Vitamin K: 18.74µg (17.85%), Vitamin E: 1.56mg (10.39%), Manganese: 0.2mg (10.16%), Vitamin A: 322.31IU (6.45%), Iron: 0.95mg (5.25%), Vitamin B6: 0.09mg (4.51%), Vitamin C: 3.59mg (4.35%), Fiber: 1.01g (4.06%), Magnesium: 11.06mg (2.76%), Vitamin B3: 0.52mg (2.6%), Copper: 0.05mg (2.58%), Phosphorus: 24.89mg (2.49%), Calcium: 23.64mg (2.36%), Potassium: 75.43mg (2.16%), Vitamin B2: 0.03mg (1.75%), Folate: 6.39µg (1.6%), Selenium: 0.89µg (1.27%), Zinc: 0.18mg (1.23%), Vitamin B1: 0.02mg (1.22%)