



Eggplant Green Curry



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



461 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings vegetable oil
- ☐ 2 japanese eggplants cut into bite-sized pieces
- ☐ 1 bell pepper red seeded sliced into sticks
- ☐ 1 can bamboo skewers
- ☐ 2.5 tablespoons curry paste green
- ☐ 1 can coconut milk
- ☐ 3 makrut lime leaves (kaffir lime)
- ☐ 1 lemongrass stalk cut into three pieces and bruised

- ☐ 1 tablespoon fish sauce
- ☐ 1 tablespoon brown sugar
- ☐ 0.3 cup basil leaves sweet
- ☐ 1 thai chilies

Equipment




- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Place a tablespoon of vegetable oil in a wok or deep pan over high heat.
- ☐ Add eggplant and stir-fry until skin becomes lightly brown and blistered, and the eggplant insides begin to soften and get a slight sear, about 3 to 4 minutes.
- ☐ The eggplant will absorb the oil, if some of the eggplant pieces don't get any, add a little more oil.
- ☐ Remove from heat and set aside in a bowl.
- ☐ Heat curry paste, add half of the coconut milk:
- ☐ Place another tablespoon of vegetable oil in the wok heat over medium heat.
- ☐ Add the curry paste – be careful, as it will cause the oil to spit – and sauté over medium heat until fragrant, about 20 to 30 seconds.
- ☐ Add half of the coconut milk and mix, simmer for 2 to 3 minutes.
- ☐ Add the lemongrass, makrut lime leaves, fish sauce, brown sugar, and remaining coconut milk and bring to a boil.
- ☐ Add the bamboo shoots, cooked eggplant, and bell pepper. Cook for 4 to 5 minutes until softened a bit.
- ☐ Stir in basil and chilies and remove from heat.
- ☐ Serve over rice with lime wedges on the side.

Nutrition Facts



 PROTEIN **5.37%**  FAT **71.73%**  CARBS **22.9%**

Properties

Glycemic Index:52.25, Glycemic Load:3.12, Inflammation Score:-9, Nutrition Score:24.039130661799%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 461.29kcal (23.06%), Fat: 39.32g (60.49%), Saturated Fat: 23.69g (148.05%), Carbohydrates: 28.24g (9.41%), Net Carbohydrates: 17.09g (6.22%), Sugar: 18.25g (20.28%), Cholesterol: 0mg (0%), Sodium: 380.76mg (16.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.23%), Manganese: 1.7mg (84.97%), Vitamin C: 63.92mg (77.48%), Vitamin A: 2656.06IU (53.12%), Fiber: 11.15g (44.61%), Vitamin K: 43.12µg (41.07%), Copper: 0.56mg (27.92%), Potassium: 969.22mg (27.69%), Vitamin B6: 0.48mg (24.02%), Folate: 88.9µg (22.22%), Magnesium: 87.69mg (21.92%), Vitamin E: 2.95mg (19.7%), Phosphorus: 186.45mg (18.64%), Iron: 3.07mg (17.07%), Vitamin B3: 2.9mg (14.52%), Selenium: 7.76µg (11.08%), Zinc: 1.62mg (10.77%), Vitamin B1: 0.16mg (10.56%), Vitamin B5: 1.02mg (10.17%), Vitamin B2: 0.14mg (8.36%), Calcium: 66.53mg (6.65%)