



## Panang Tofu Curry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon chili paste depending on your taste pref hot (such as sambal oelek)
- 4 garlic clove finely chopped
- 1 tablespoon brown sugar packed (firmly )
- 1 teaspoon ground cumin
- 3 kaffir lime leaves
- 13.5 ounce lite coconut milk light organic canned
- 1.5 tablespoons olive oil
- 0.3 cup peanut butter organic

- 1 large bell pepper red cut into 3/4-inch pieces
- 0.5 cup shallots finely chopped
- 28 ounce tofu organic firm peeled drained cut into 1-inch cubes 1 1/2 cups 1/4- to 1/3-inch-thick slices  
carrots ( 3 medium)
- 2 teaspoons turmeric
- 1 cup water

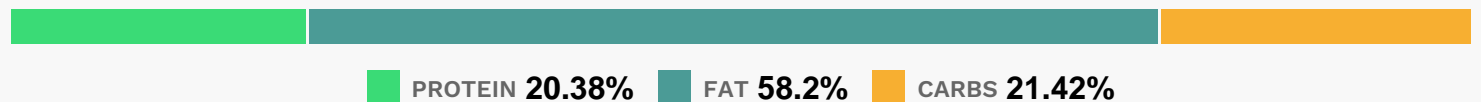
## Equipment

- whisk

## Directions

- Heat oil in heavy large skillet over medium-high heat.
- Add shallots, ginger, and garlic; cook until shallots are tender, about 6 minutes.
- Add peanut butter, turmeric, cumin, and chili paste; stir until fragrant, 1 to 2 minutes.
- Whisk in 1 cup water, then coconut milk, lime leaves, and brown sugar; bring to simmer. Season sauce with salt.
- Add tofu, carrots, and bell pepper; simmer over medium heat until carrots are tender, adjusting heat to medium-low if beginning to boil and occasionally stirring gently, about 20 minutes. Season to taste with salt. DO AHEAD: Can be made 3 days ahead. Cool slightly, cover, and chill. Rewarm over medium heat before serving.
- \* Available in the Asian food section of many supermarkets and at Asian markets.

## Nutrition Facts



## Properties

Glycemic Index: 21.83, Glycemic Load: 1.92, Inflammation Score: -10, Nutrition Score: 9.0882608579553%

## Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg  
 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg  
 Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg  
 Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 295.93kcal (14.8%), Fat: 19.32g (29.72%), Saturated Fat: 6.53g (40.79%), Carbohydrates: 16g (5.33%), Net Carbohydrates: 13g (4.73%), Sugar: 6.29g (6.99%), Cholesterol: 0mg (0%), Sodium: 111.94mg (4.87%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 15.22g (30.45%), Vitamin C: 37.52mg (45.48%), Calcium: 190.84mg (19.08%), Vitamin A: 862.67IU (17.25%), Manganese: 0.34mg (17.19%), Iron: 2.7mg (15%), Vitamin E: 1.96mg (13.06%), Fiber: 3g (12%), Vitamin B6: 0.24mg (11.78%), Vitamin B3: 1.82mg (9.08%), Magnesium: 29.27mg (7.32%), Folate: 28.98µg (7.24%), Potassium: 220.75mg (6.31%), Phosphorus: 62.4mg (6.24%), Copper: 0.09mg (4.42%), Vitamin K: 3.79µg (3.61%), Zinc: 0.49mg (3.3%), Vitamin B1: 0.05mg (3.29%), Vitamin B2: 0.05mg (3.13%), Vitamin B5: 0.27mg (2.72%), Selenium: 1.07µg (1.53%)