



 **37%**  
HEALTH SCORE

## Thai Panang Curry (Gourmet Style )

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

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**453 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3.5 ounces baby corns cut into twos
- 2.5 ounces bamboo skewers sliced ( )
- 3 ounces broccoli (slice each flower once down middle)
- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 13.5 ounce coconut milk canned
- 0.5 tablespoon canola oil
- 2 tablespoons crunchy peanut butter (Peanut Sauce 2Tb and add peanuts)

- 1 tablespoon five spice powder chinese
- 1 ounce mint leaves fresh finely chopped
- 1 garlic clove minced ( )
- 0.5 bell pepper green (do same as above)
- 1 jalapeno fresh sliced ( )
- 1 lime wedges (served on the side)
- 4 ounces mushrooms whole sliced your favorite (I like Oyster,, or Button,)
- 4 ounces mushrooms whole sliced your favorite (I like Oyster,, or Button,)
- 0.5 tablespoon vegetable oil; peanut oil preferred
- 6 servings bell pepper
- 6 servings bell pepper
- 0.5 bell pepper red cut into two 1 in. rings then cut into 6 pieces each)
- 2.5 tablespoons curry paste red
- 1 pinch pepper fresh red ( chili peppers 2 f kick)
- 6 servings salt
- 2 pinches sea salt
- 0.5 tablespoon sesame oil
- 1 lb rump steak sliced
- 3 ounces sugar snap peas (in pod)
- 1 ounce thai basil fresh with 1 oz parsley) finely
- 4 quarts water
- 2.5 ounces water chestnuts sliced ( )
- 0.5 onion white cut into wedges and seperated

## Equipment

- frying pan
- oven
- whisk
- wok

## Directions

- In 350 degree oven roast green and red peppers for 8-10 minute Set aside. Blanch in boiling water and salt first broccoli and carrot, then after a few minutes snap peas. Strain in cool water or ice water. Set aside.
- Mix oils and saute onion and jalapenos Until tan.
- Add garlic and mushrooms until onions brown. Set aside. Prepare sauce by adding all ingredients over medium heat and whisk together. After boil let simmer and stir occasionally.
- Saute all your meat ingredients and set aside.
- Mix all your preps into sauce, as well as shoots, chestnuts, and baby corn. When ready to serve, mix in Basil and Mint.
- Serve over Rice or I prefer Rice Noodle. You can also add a duck egg or a couple quail eggs (scrambled and dropped in boiling water for rice) and for noodle just scramble with noodles in pan or wok with a little oil.
- Serve with lime wedges and enjoy!(if you prefer more heat add more red chili I like mine to burn).

## Nutrition Facts

 **PROTEIN 20.58%**  **FAT 49.9%**  **CARBS 29.52%**

## Properties

Glycemic Index:80.92, Glycemic Load:4.65, Inflammation Score:-10, Nutrition Score:36.398260935493%

## Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

## Nutrients (% of daily need)

Calories: 452.79kcal (22.64%), Fat: 26.59g (40.91%), Saturated Fat: 16.01g (100.08%), Carbohydrates: 35.4g (11.8%), Net Carbohydrates: 26.75g (9.73%), Sugar: 21.24g (23.59%), Cholesterol: 46.12mg (15.37%), Sodium: 454.35mg

(19.75%), Alcohol: Og (100%), Protein: 24.67g (49.35%), Vitamin C: 243.99mg (295.74%), Vitamin A: 6769.57IU (135.39%), Manganese: 1.19mg (59.69%), Vitamin B6: 1.19mg (59.52%), Vitamin B3: 10.55mg (52.75%), Vitamin K: 48.82µg (46.49%), Selenium: 28.33µg (40.47%), Phosphorus: 363.85mg (36.39%), Fiber: 8.65g (34.6%), Folate: 136.99µg (34.25%), Potassium: 1172.19mg (33.49%), Zinc: 4.91mg (32.7%), Copper: 0.63mg (31.26%), Iron: 5.05mg (28.08%), Vitamin E: 4.12mg (27.47%), Vitamin B2: 0.45mg (26.26%), Magnesium: 102.5mg (25.63%), Vitamin B5: 2.18mg (21.78%), Vitamin B1: 0.26mg (17.25%), Vitamin B12: 0.91µg (15.25%), Calcium: 128.17mg (12.82%), Vitamin D: 0.15µg (1.01%)