



Green Curry Paste



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup coconut milk canned
- ☐ 0.8 cup cilantro leaves fresh coarsely chopped
- ☐ 0.3 cup garlic sliced
- ☐ 2 tablespoons curry paste green prepared
- ☐ 0.5 cup shallots sliced

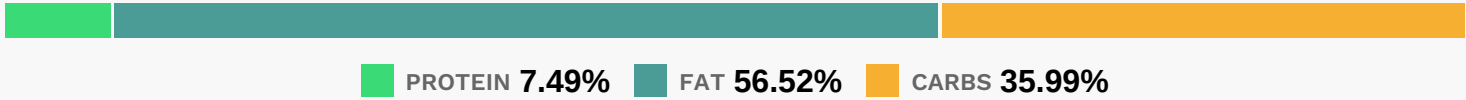
Equipment

- ☐ food processor
- ☐ blender

Directions

☐ In a blender or food processor, whirl the coconut milk, shallots, garlic, curry paste, and cilantro.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:2.27, Inflammation Score:-8, Nutrition Score:6.8521739218546%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 116.49kcal (5.82%), Fat: 7.79g (11.98%), Saturated Fat: 6.58g (41.11%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 8.95g (3.26%), Sugar: 4g (4.45%), Cholesterol: 0mg (0%), Sodium: 11.49mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.65%), Manganese: 0.56mg (28.17%), Vitamin A: 1385.89IU (27.72%), Vitamin B6: 0.26mg (12.85%), Vitamin C: 8.18mg (9.92%), Vitamin K: 9.76µg (9.29%), Fiber: 2.21g (8.82%), Copper: 0.15mg (7.32%), Iron: 1.29mg (7.15%), Potassium: 238.75mg (6.82%), Phosphorus: 66.52mg (6.65%), Selenium: 3.85µg (5.5%), Magnesium: 20.92mg (5.23%), Calcium: 48.77mg (4.88%), Folate: 17.06µg (4.26%), Vitamin B1: 0.05mg (3.35%), Zinc: 0.47mg (3.11%), Vitamin B5: 0.23mg (2.25%), Vitamin B3: 0.4mg (2%), Vitamin B2: 0.02mg (1.37%)