



Grilled Vegan Skewers with Indian-Spiced Lime Coconut Yogurt Sauce



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



1126 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 butternut squash cubes
- ☐ 8 ounce so delicious dairy free cultured coconut milk plain (Yogurt)
- ☐ 7 ounces extra-firm wildwood tofu cut into 6 large cubes
- ☐ 0.3 teaspoon ginger root fresh minced
- ☐ 1 teaspoon garam masala
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 pinch ground cumin

☐ 2 servings half a lime for juice

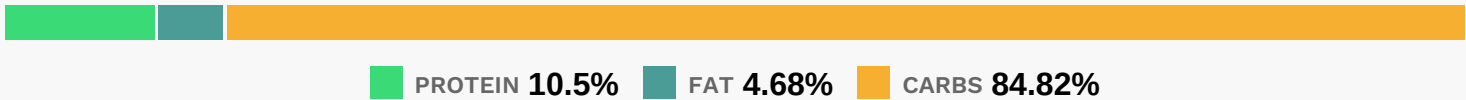
Equipment

- ☐ bowl
- ☐ oven
- ☐ stove
- ☐ skewers
- ☐ grill pan
- ☐ pastry brush
- ☐ wooden skewers

Directions

- ☐ Hand mix lime juice and all spices into the yogurt in a small bowl. Set aside for brushing onto skewers while grilling them. Use a silicone pastry brush. Roast the squash cubes in 450°F oven for 30 minutes. When the squash is done, remove from oven, and wet your wood skewers (
- ☐ first, to avoid burning.Thread the tofu cubes and butternut squash, alternating them for a total of 6 cubes per stick.
- ☐ Heat up your stove top grill pan, begin grilling skewers, then brush the yogurt sauce onto them. Turn them a quarter turn every other minute, to avoid over cooking any side. Baste the sauce on as needed when you turn them.
- ☐ Serve on a Japanese style plate if you have one, and you may put extra sauce in a mini dish on the corner of the plate.

Nutrition Facts



Properties

Glycemic Index:42.71, Glycemic Load:1.34, Inflammation Score:-10, Nutrition Score:74.551739236583%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1126.08kcal (56.3%), Fat: 6.63g (10.2%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 270.44g (90.15%), Net Carbohydrates: 224.28g (81.56%), Sugar: 53.47g (59.42%), Cholesterol: 0mg (0%), Sodium: 210.33mg (9.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.49g (66.98%), Vitamin A: 239624.8IU (4792.5%), Vitamin C: 482.82mg (585.24%), Potassium: 8248.1mg (235.66%), Vitamin E: 35.28mg (235.17%), Manganese: 4.56mg (227.86%), Magnesium: 794.15mg (198.54%), Vitamin B6: 3.74mg (187.19%), Fiber: 46.16g (184.62%), Folate: 644.38µg (161.09%), Vitamin B1: 2.4mg (160.16%), Vitamin B3: 31mg (154.98%), Calcium: 1275.88mg (127.59%), Copper: 1.97mg (98.42%), Iron: 17.64mg (98.03%), Vitamin B5: 9.02mg (90.16%), Phosphorus: 845.36mg (84.54%), Vitamin B2: 0.71mg (41.91%), Zinc: 4.28mg (28.51%), Vitamin K: 24.8µg (23.61%), Vitamin B12: 1.22µg (20.41%), Selenium: 14.02µg (20.03%), Vitamin D: 1.36µg (9.07%)