



Indian Green Curry Seasoning Paste

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

READY IN



45 min.

SERVINGS



1

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup ginger fresh chopped
- 3 large garlic clove chopped
- 1.5 teaspoons ground cumin
- 0.3 cup jalapeno chopped
- 1 tablespoon juice of lemon
- 2 tablespoons olive oil
- 1 serving roasted chicken

Equipment

blender

Directions

Whirl ingredients in a blender into a smooth paste, then add to the salt and pepper called for in the chicken recipe.

Nutrition Facts

 **PROTEIN 20.57%**  **FAT 69.55%**  **CARBS 9.88%**

Properties

Glycemic Index:82, Glycemic Load:1.72, Inflammation Score:-6, Nutrition Score:15.417826154958%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 443.15kcal (22.16%), Fat: 34.65g (53.3%), Saturated Fat: 5.53g (34.57%), Carbohydrates: 11.07g (3.69%), Net Carbohydrates: 9.41g (3.42%), Sugar: 1.87g (2.08%), Cholesterol: 63.75mg (21.25%), Sodium: 74.82mg (3.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.06g (46.12%), Vitamin C: 36.73mg (44.52%), Vitamin B3: 7.38mg (36.9%), Vitamin E: 5.03mg (33.53%), Selenium: 22.62µg (32.31%), Vitamin B6: 0.61mg (30.64%), Phosphorus: 207.15mg (20.72%), Vitamin K: 21.36µg (20.34%), Iron: 3.54mg (19.67%), Manganese: 0.34mg (17.18%), Potassium: 455.51mg (13.01%), Magnesium: 45.67mg (11.42%), Zinc: 1.66mg (11.07%), Vitamin B5: 1.02mg (10.19%), Vitamin B2: 0.17mg (10.05%), Copper: 0.17mg (8.42%), Vitamin B1: 0.11mg (7.21%), Fiber: 1.66g (6.64%), Vitamin A: 317.21IU (6.34%), Calcium: 62.14mg (6.21%), Folate: 16.53µg (4.13%), Vitamin B12: 0.25µg (4.11%)