



Indian Hot Curried Mangos with Tofu



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 3 tablespoons curry powder yellow
- ☐ 14 ounce extra tofu firm cubed
- ☐ 5 cloves garlic minced
- ☐ 1 tablespoon ginger minced
- ☐ 14 ounce coconut milk light canned
- ☐ 1 mangos firm peeled sliced
- ☐ 0.3 teaspoon salt and pepper to taste

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1 tablespoon sesame oil

Equipment

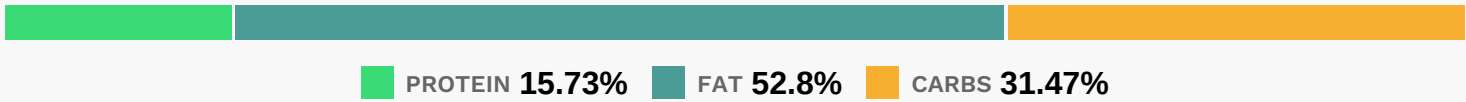
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frying pan

Directions

- ☐
- Heat the sesame oil in a large pan over medium–high heat. Cook the garlic and ginger until fragrant and light brown, about 1 to 2 minutes.
- ☐
- Add the mango and cook for another minute to soften slightly. Stir in the curry powder and cilantro; cook for another minute to release the flavor of the curry.
- ☐
- Pour in the coconut milk and bring to a simmer. Stir in the tofu and season to taste with salt and pepper. Simmer until the liquid is reduced by half, stirring occasionally, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:33.44, Glycemic Load:4.04, Inflammation Score:-6, Nutrition Score:8.3186955970267%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 220.9kcal (11.05%), Fat: 12.84g (19.76%), Saturated Fat: 7.56g (47.24%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 14.69g (5.34%), Sugar: 8.27g (9.18%), Cholesterol: 0mg (0%), Sodium: 294.35mg (12.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.22%), Vitamin C: 20.66mg (25.04%), Copper: 0.31mg (15.41%), Iron: 2.67mg (14.86%), Manganese: 0.29mg (14.68%), Phosphorus: 128.6mg (12.86%), Vitamin A: 618.14IU (12.36%), Magnesium: 45.14mg (11.29%), Fiber: 2.54g (10.16%), Vitamin E: 1.52mg (10.11%), Potassium: 332.55mg (9.5%), Vitamin B6: 0.17mg (8.69%), Vitamin B1: 0.11mg (7.49%), Vitamin K: 7.83µg (7.45%), Folate: 29.61µg (7.4%), Calcium: 65.25mg (6.53%), Zinc: 0.88mg (5.83%), Vitamin B2: 0.07mg (4.18%), Vitamin B3: 0.78mg (3.88%),

Selenium: 1.63µg (2.32%), Vitamin B5: 0.13mg (1.29%)