



Panang Tofu Curry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups carrots peeled (3 medium)
- ☐ 1 teaspoon chili paste depending on your taste pref hot (such as sambal oelek)
- ☐ 4 garlic clove finely chopped
- ☐ 2 tablespoons ginger finely grated peeled
- ☐ 1 tablespoon brown sugar packed (firmly)
- ☐ 1 teaspoon ground cumin
- ☐ 3 kaffir lime leaves
- ☐ 13.5 ounce lite coconut milk light organic canned

- ☐ 1.5 tablespoons olive oil
- ☐ 0.3 cup peanut butter organic
- ☐ 1 large bell pepper red cut into 3/4-inch pieces
- ☐ 0.5 cup shallots finely chopped
- ☐ 28 ounce tofu organic firm peeled drained cut into 1-inch cubes 1 1/2 cups 1/4- to 1/3-inch-thick slices carrots (3 medium)
- ☐ 2 teaspoons turmeric
- ☐ 1 cup water

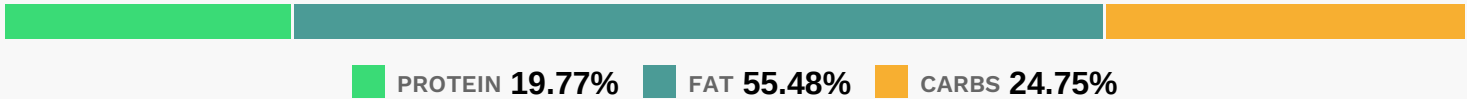
Equipment

- ☐ whisk

Directions

- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Add shallots, ginger, and garlic; cook until shallots are tender, about 6 minutes.
- ☐ Add peanut butter, turmeric, cumin, and chili paste; stir until fragrant, 1 to 2 minutes.
- ☐ Whisk in 1 cup water, then coconut milk, lime leaves, and brown sugar; bring to simmer. Season sauce with salt.
- ☐ Add tofu, carrots, and bell pepper; simmer over medium heat until carrots are tender, adjusting heat to medium-low if beginning to boil and occasionally stirring gently, about 20 minutes. Season to taste with salt. DO AHEAD: Can be made 3 days ahead. Cool slightly, cover, and chill. Rewarm over medium heat before serving.
- ☐ * Available in the Asian food section of many supermarkets and at Asian markets.

Nutrition Facts



Properties

Glycemic Index:32.14, Glycemic Load:2.99, Inflammation Score:-10, Nutrition Score:14.090869577035%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 310.92kcal (15.55%), Fat: 19.41g (29.87%), Saturated Fat: 6.54g (40.88%), Carbohydrates: 19.48g (6.49%), Net Carbohydrates: 15.54g (5.65%), Sugar: 7.85g (8.72%), Cholesterol: 0mg (0%), Sodium: 134.33mg (5.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.56g (31.13%), Vitamin A: 6208.59IU (124.17%), Vitamin C: 39.52mg (47.91%), Calcium: 201.77mg (20.18%), Manganese: 0.39mg (19.75%), Fiber: 3.94g (15.78%), Iron: 2.81mg (15.61%), Vitamin E: 2.18mg (14.51%), Vitamin B6: 0.28mg (14.18%), Vitamin B3: 2.15mg (10.74%), Potassium: 332.83mg (9.51%), Folate: 35.31µg (8.83%), Magnesium: 34.11mg (8.53%), Vitamin K: 8.01µg (7.63%), Phosphorus: 74.4mg (7.44%), Copper: 0.11mg (5.4%), Vitamin B1: 0.07mg (4.73%), Vitamin B2: 0.07mg (4.26%), Zinc: 0.58mg (3.86%), Vitamin B5: 0.36mg (3.64%), Selenium: 1.12µg (1.6%)