



Quick Sardine Curry

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.8 ounce sardines drained in oil canned
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon full fat coconut cream to taste
- ☐ 1 clove garlic minced
- ☐ 1 shallots minced
- ☐ 1 tablespoon thai curry paste red to taste

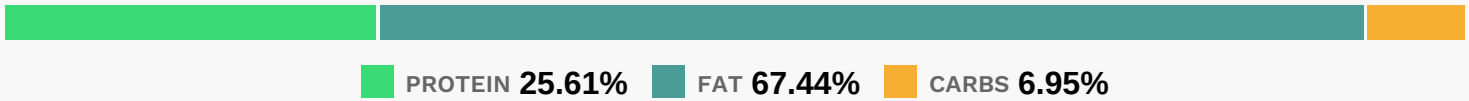
Equipment

- ☐ frying pan

Directions

- ☐ Heat the canola oil in a skillet. Stir the red curry paste into the hot oil; cook and stir for a few seconds before adding the garlic and shallot. Cook and stir the garlic and shallot until fragrant.
- ☐ Add the sardines; toss around in the pan to brown the skin a little bit and cover it well with the paste mixture. Gently stir the coconut cream into the mixture and continue to toss to coat the sardines. Allow mixture to come to a boil until the sauce thickens, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:1.3, Inflammation Score:-9, Nutrition Score:26.099130526833%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 434.11kcal (21.71%), Fat: 32.46g (49.93%), Saturated Fat: 7.74g (48.39%), Carbohydrates: 7.53g (2.51%), Net Carbohydrates: 5.78g (2.1%), Sugar: 3.06g (3.4%), Cholesterol: 150.96mg (50.32%), Sodium: 330.75mg (14.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.74g (55.48%), Vitamin B12: 9.5µg (158.4%), Selenium: 56.75µg (81.07%), Phosphorus: 558.81mg (55.88%), Vitamin A: 2478.59IU (49.57%), Calcium: 443.44mg (44.34%), Vitamin D: 5.1µg (34.02%), Vitamin E: 4.63mg (30.87%), Vitamin B3: 5.78mg (28.88%), Iron: 4.19mg (23.25%), Manganese: 0.43mg (21.68%), Potassium: 566.33mg (16.18%), Vitamin B6: 0.31mg (15.4%), Vitamin B2: 0.25mg (14.68%), Copper: 0.29mg (14.27%), Magnesium: 51.66mg (12.92%), Vitamin K: 13µg (12.38%), Zinc: 1.67mg (11.14%), Vitamin B5: 0.81mg (8.12%), Vitamin B1: 0.11mg (7.37%), Fiber: 1.75g (6.99%), Folate: 22.67µg (5.67%), Vitamin C: 4.62mg (5.6%)