



 **64%**
HEALTH SCORE

Raw Thai Curry

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon smooth almond butter raw
- 4 servings basil for garnish
- 2 teaspoons bragg liquid aminos
- 1 small carrots shredded
- 0.3 head cauliflower diced
- 1 cup coconut or fresh finely chopped
- 0.5 cup coconut water
- 0.5 large cucumber peeled cut into half-moons

- 1 teaspoon curry powder
- 0.5 inch ginger fresh
- 1 clove garlic pressed
- 1 orange juice
- 4 servings mung bean sprouts for garnish
- 1 cup peanuts drained
- 0.3 head cabbage shredded red
- 1 thai chile
- 1 teaspoon turmeric

Equipment

- bowl
- blender
- grater

Directions

- To prepare the sauce, finely grate the ginger on a ginger grater or fine grater to extract the juice (you should have about 1 tablespoon).
- Place the ginger juice, peanuts, coconut meat, coconut water, almond butter, Braggs, garlic, turmeric, curry powder, and orange juice in a blender and blend until smooth.
- Add the Thai chile to taste.
- Place the cauliflower, carrot, cabbage, and cucumber in a bowl.
- Pour the sauce over the vegetables, garnish with the basil and bean sprouts, and serve.

Nutrition Facts

PROTEIN 13.91% FAT 64.26% CARBS 21.83%

Properties

Glycemic Index:95.52, Glycemic Load:3.5, Inflammation Score:-10, Nutrition Score:25.583477849546%

Flavonoids

Cyanidin: 110.03mg, Cyanidin: 110.03mg, Cyanidin: 110.03mg, Cyanidin: 110.03mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 356.7kcal (17.83%), Fat: 27.53g (42.35%), Saturated Fat: 9.05g (56.55%), Carbohydrates: 21.05g (7.02%), Net Carbohydrates: 12.23g (4.45%), Sugar: 7.37g (8.19%), Cholesterol: 0mg (0%), Sodium: 79.11mg (3.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.41g (26.81%), Manganese: 1.72mg (86.09%), Vitamin C: 60.72mg (73.6%), Vitamin A: 2848.24IU (56.96%), Vitamin K: 39.14µg (37.28%), Fiber: 8.82g (35.28%), Folate: 140.74µg (35.19%), Vitamin B3: 6.76mg (33.78%), Magnesium: 119.29mg (29.82%), Copper: 0.55mg (27.34%), Phosphorus: 242.89mg (24.29%), Vitamin B1: 0.36mg (24.02%), Potassium: 837.08mg (23.92%), Vitamin B6: 0.4mg (19.99%), Iron: 3.31mg (18.38%), Vitamin B5: 1.21mg (12.09%), Vitamin B2: 0.19mg (11.37%), Calcium: 113.36mg (11.34%), Zinc: 1.54mg (10.27%), Vitamin E: 1.35mg (9.02%), Selenium: 5.87µg (8.39%)