



HEALTH SCORE

65%

Red Curry Fish Stew with Rau Ram



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



712 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup rau ram leaves
- ☐ 4 ounces calamari cleaned cut into bite-size pieces (squid)
- ☐ 14.5 oz coconut milk canned
- ☐ 13.5 oz chicken broth reduced-sodium canned
- ☐ 4 ounces fish such as bass white black firm cut into cubes
- ☐ 2 quarter-size ginger fresh
- ☐ 1 juice of lime
- ☐ 0.5 cup mung bean sprouts

- ☐ 1 tbsp curry paste red
- ☐ 4 ounces shrimp deveined cleaned cut in half lengthwise
- ☐ 2 tablespoons sugar

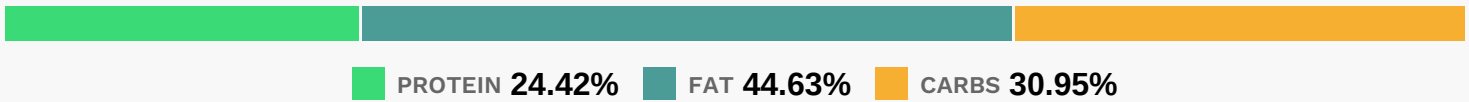
Equipment

- ☐ whisk
- ☐ pot

Directions

- ☐ Whisk broth, coconut milk, and curry paste together in a 4-qt. pot.
- ☐ Heat over high heat until boiling.
- ☐ Add ginger, sugar, and lime juice, then reduce heat to a simmer.
- ☐ Add rau ram and sprouts and cook 2 minutes.
- ☐ Remove from heat and add seafood. Stir gently to combine and let residual heat cook fish until opaque, 3 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:4.27, Inflammation Score:-10, Nutrition Score:42.490000413812%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 711.88kcal (35.59%), Fat: 38.52g (59.26%), Saturated Fat: 25.61g (160.07%), Carbohydrates: 60.11g (20.04%), Net Carbohydrates: 41.82g (15.21%), Sugar: 10.41g (11.57%), Cholesterol: 173.71mg (57.9%), Sodium: 552.66mg (24.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.42g (94.84%), Manganese: 5.84mg (291.78%), Iron: 29.11mg (161.71%), Vitamin A: 4434.06IU (88.68%), Fiber: 18.29g (73.16%), Selenium: 50.33µg (71.9%), Vitamin B6: 1.33mg (66.33%), Copper: 1.27mg (63.34%), Calcium: 561.78mg (56.18%), Phosphorus: 496.77mg

(49.68%), Vitamin C: 36.17mg (43.84%), Zinc: 6.25mg (41.65%), Magnesium: 158.95mg (39.74%), Folate: 142.11µg (35.53%), Vitamin B3: 6.12mg (30.61%), Vitamin B12: 1.77µg (29.55%), Vitamin B2: 0.5mg (29.35%), Potassium: 1002.54mg (28.64%), Vitamin K: 7.04µg (6.7%), Vitamin D: 0.97µg (6.5%), Vitamin E: 0.95mg (6.35%), Vitamin B5: 0.53mg (5.34%), Vitamin B1: 0.06mg (4.2%)