



Red Curry Peanut Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



262 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 garlic clove minced
- ☐ 0.3 cup spring onion minced (3)
- ☐ 2.5 tablespoons juice of lime fresh
- ☐ 0.5 cup chicken broth ()
- ☐ 0.8 cup creamy peanut butter

- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons curry paste red
- ☐ 1 cup coconut milk unsweetened canned
- ☐ 2 tablespoons vegetable oil

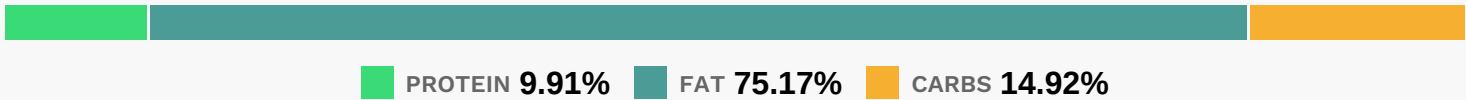
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat oil in saucepan over medium heat.
- ☐ Add next 3 ingredients; sauté 2 minutes.
- ☐ Add curry paste; stir 1 minute.
- ☐ Whisk in peanut butter, then next 5 ingredients; bring to boil. Reduce heat to medium; simmer until reduced to 2 cups, whisking and adding broth as needed, about 5 minutes.
- ☐ Remove from heat; cool. Stir in lime juice. DO AHEAD: Can be made 3 days ahead. Cover; chill. Rewarm, thinning with broth.
- ☐ Stir cilantro into sauce and serve.

Nutrition Facts



Properties

Glycemic Index:30.01, Glycemic Load:1.83, Inflammation Score:-6, Nutrition Score:8.8760870850605%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 262.12kcal (13.11%), Fat: 23.3g (35.85%), Saturated Fat: 9.44g (59%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 8.21g (2.99%), Sugar: 5.57g (6.19%), Cholesterol: 0mg (0%), Sodium: 239.94mg (10.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.91g (13.82%), Manganese: 0.68mg (34.15%), Vitamin B3: 3.79mg (18.94%), Vitamin K: 18.33µg (17.45%), Vitamin E: 2.59mg (17.26%), Vitamin A: 702.74IU (14.05%), Magnesium: 55.27mg (13.82%), Phosphorus: 123.67mg (12.37%), Copper: 0.2mg (10.25%), Fiber: 2.2g (8.79%), Potassium: 263.3mg (7.52%), Folate: 29.9µg (7.48%), Vitamin B6: 0.14mg (7.01%), Iron: 1.21mg (6.71%), Zinc: 0.88mg (5.85%), Vitamin C: 3.89mg (4.72%), Selenium: 3.04µg (4.34%), Vitamin B2: 0.06mg (3.61%), Vitamin B5: 0.34mg (3.42%), Vitamin B1: 0.05mg (3.23%), Calcium: 29.33mg (2.93%)