

Simple squash & lime pickle curry



Gluten Free



Dairy Free



Low Fod Map

READY IN



65 min.

SERVINGS



8

CALORIES



387 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 tbsp vegetable oil
- ☐ 100 g curry paste red
- ☐ 2 tbsp brown sugar light
- ☐ 2 medium butternut squash peeled deseeded cut into 4½ cm chunks
- ☐ 400 g coconut milk canned
- ☐ 200 ml full fat coconut cream
- ☐ 1 tbsp fish sauce
- ☐ 2 tbsp lime

- ☐ 3 lemon grass with the back of a knife
- ☐ 50 g frangelico
- ☐ 50 g frangelico

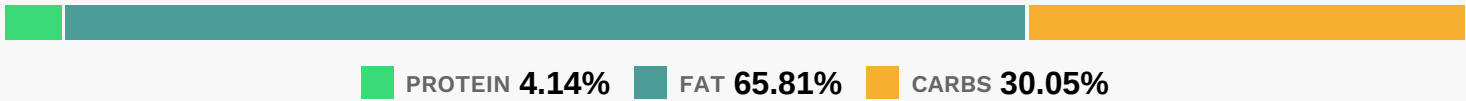
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a heavy-based frying pan and add the red curry paste. Fry for 2 mins, then add the sugar and cook for 4 mins until sticky and fragrant.
- ☐ Add the squash, stir well and cook for 2-3 mins, then pour in the coconut milk and the coconut cream, season with the fish sauce and add the lime pickle and lemongrass. Bring to the boil and cook for about 25-30 mins over a medium heat until the squash is soft but not mushy.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.04, Inflammation Score:-10, Nutrition Score:20.796521847663%

Flavonoids

Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 387.07kcal (19.35%), Fat: 30.31g (46.63%), Saturated Fat: 20.08g (125.47%), Carbohydrates: 31.14g (10.38%), Net Carbohydrates: 25.23g (9.18%), Sugar: 9.7g (10.78%), Cholesterol: 0mg (0%), Sodium: 193.85mg (8.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.58%), Vitamin A: 21901.13IU (438.02%), Manganese: 1.27mg (63.63%), Vitamin C: 43.03mg (52.16%), Potassium: 899.48mg (25.7%), Magnesium: 94.77mg (23.69%), Fiber: 5.91g (23.65%), Vitamin E: 3.47mg (23.16%), Copper: 0.37mg (18.62%), Iron: 3.24mg (17.98%), Vitamin K: 17.75µg (16.91%), Folate: 67.16µg (16.79%), Vitamin B6: 0.33mg (16.47%), Vitamin B3: 2.93mg (14.67%), Phosphorus: 145.26mg (14.53%), Vitamin B1: 0.21mg (14%), Calcium: 123.46mg (12.35%), Vitamin B5: 0.92mg (9.18%), Selenium: 4.3µg (6.14%), Zinc: 0.91mg (6.06%), Vitamin B2: 0.04mg (2.45%)