



## Southeast Asian Squash Curry

 **Gluten Free**  **Dairy Free**

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**416 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 pound butternut squash peeled seeded cut into 1/2-inch pieces
- 0.3 cup water
- 1 stick cinnamon (2- to 3-inch)
- 0.3 cup roasted cashews salted chopped
- 5 cups baby spinach packed
- 1 tablespoon vegetable oil divided
- 1 medium onion thinly sliced
- 1 tablespoon fish sauce to taste

- 14 ounce coconut milk unsweetened divided canned (do not stir)
- 0.8 teaspoon cumin seeds
- 3 cloves whole
- 4 servings lime wedges
- 1.5 tablespoons curry paste red

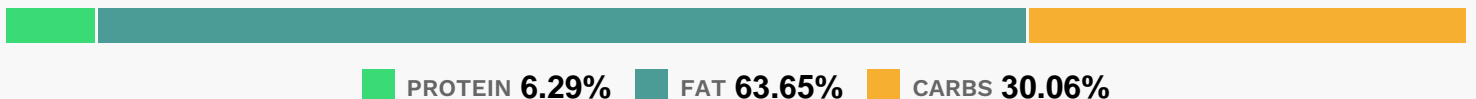
## Equipment

- frying pan

## Directions

- Heat 1 tablespoon oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Sauté squash with cumin and 1/4 teaspoon salt until beginning to brown, about 6 minutes.
- Transfer to a plate.
- Add remaining 2 teaspoons oil to skillet and
- cook onion over medium heat, stirring occasionally, until softened, about 5 minutes.
- Add 1/4 cup coconut milk from top of can and cook, stirring, until fat starts to separate and look glossy, about 2 minutes.
- Add curry paste and cook, stirring, 2 minutes.
- Add squash, water, cinnamon, cloves, and remaining coconut milk and simmer, covered, until squash is tender, about
- minutes. Stir in spinach and cook, covered, until just wilted, 1 to 2 minutes. Stir in fish sauce.
- Sprinkle with cashews.
- jasmine rice

## Nutrition Facts



## Properties

Glycemic Index:25.25, Glycemic Load:0.78, Inflammation Score:-10, Nutrition Score:31.607391186382%

## Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg

## **Nutrients (% of daily need)**

Calories: 415.91kcal (20.8%), Fat: 31.85g (49.01%), Saturated Fat: 22.5g (140.62%), Carbohydrates: 33.85g (11.28%), Net Carbohydrates: 25.92g (9.43%), Sugar: 9.42g (10.47%), Cholesterol: 0mg (0%), Sodium: 462.7mg (20.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.18%), Vitamin A: 22492.81IU (449.86%), Vitamin K: 192.94µg (183.75%), Manganese: 1.96mg (98.06%), Vitamin C: 51.92mg (62.93%), Magnesium: 159.6mg (39.9%), Folate: 148.19µg (37.05%), Potassium: 1183.46mg (33.81%), Copper: 0.65mg (32.44%), Fiber: 7.93g (31.7%), Iron: 4.93mg (27.4%), Vitamin E: 3.77mg (25.13%), Phosphorus: 226.74mg (22.67%), Vitamin B6: 0.44mg (22.23%), Vitamin B1: 0.26mg (17.24%), Calcium: 168.76mg (16.88%), Vitamin B3: 3.36mg (16.78%), Selenium: 8.99µg (12.84%), Zinc: 1.69mg (11.3%), Vitamin B5: 1.04mg (10.36%), Vitamin B2: 0.13mg (7.89%)