



Squash & coconut curry

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



30 min.

SERVINGS



2

CALORIES



369 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tbsp madras curry paste
- ☐ 1 large butternut squash peeled chopped (600g 1lb 5oz weight)
- ☐ 1 pepper red halved deseeded roughly chopped
- ☐ 400 g coconut milk reduced-fat canned
- ☐ 1 small bunch coriander roughly chopped

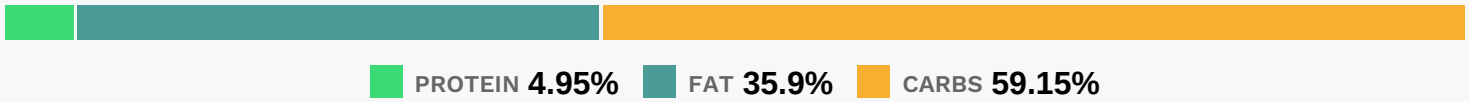
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat a large frying pan or wok, tip in the curry paste and fry for 1 min.
- ☐ Add the squash and red pepper, then toss well in the paste.
- ☐ Pour in the coconut milk with 200ml water and bring to a simmer. Cook for 15–20 mins or until the butternut squash is very tender and the sauce has thickened. Season to taste, then serve scattered with chopped coriander and naan bread or rice.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.76, Inflammation Score:-10, Nutrition Score:27.87086962617%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 369.05kcal (18.45%), Fat: 14.99g (23.06%), Saturated Fat: 13.9g (86.87%), Carbohydrates: 55.57g (18.52%), Net Carbohydrates: 46.15g (16.78%), Sugar: 11.85g (13.17%), Cholesterol: 0mg (0%), Sodium: 186.15mg (8.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.3%), Vitamin A: 44357.87IU (887.16%), Vitamin C: 157.25mg (190.61%), Vitamin E: 6.44mg (42.93%), Manganese: 0.84mg (42.06%), Potassium: 1466.39mg (41.9%), Vitamin B6: 0.76mg (37.83%), Fiber: 9.42g (37.67%), Magnesium: 135.68mg (33.92%), Folate: 131.1µg (32.77%), Vitamin B1: 0.41mg (27.32%), Vitamin B3: 5.13mg (25.63%), Calcium: 207.85mg (20.78%), Iron: 3.34mg (18.56%), Vitamin K: 19.44µg (18.51%), Vitamin B5: 1.71mg (17.11%), Copper: 0.29mg (14.46%), Phosphorus: 141.14mg (14.11%), Vitamin B2: 0.13mg (7.77%), Zinc: 0.73mg (4.88%), Selenium: 1.97µg (2.82%)