



Stir-Fried Pumpkin with Chiles and Basil (Fakthong Pad Bai Horapa)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



109 kcal

SIDE DISH

Ingredients

- ☐ 3 to 5 chilies red seeded finely sliced
- ☐ 8 garlic clove chopped
- ☐ 1.5 tbsp honey
- ☐ 4.3 oz onion halved sliced into strips
- ☐ 2 tbsp oyster sauce
- ☐ 600 g pumpkin cubed peeled (1 lb 5 oz)
- ☐ 2.5 tbsp soya sauce

☐ 4 handfuls basil

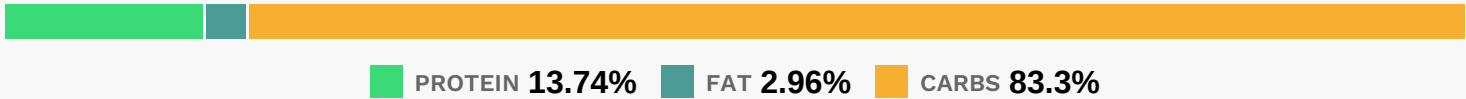
Equipment

☐ wok

Directions

- ☐ In a heavy wok, stir-fry garlic and onion using half of the vegetable stock, until browned.
- ☐ Add pumpkin cubes, moisten with remaining vegetable stock and stir constantly until pumpkin is cooked. Season with soy sauce, oyster sauce and honey.
- ☐ Sprinkle with Thai basil leaves and sliced red chile.
- ☐ Serve with brown rice.
- ☐ Other
- ☐ Reprinted with permission from Chiva-Som’s Thai Spa Cuisine by Chef Paisarn Cheewinsiriwat and his Culinary Team, (C) 2005 (reprinted 2007). Editions Didier Millet PTE LTD for Chiva-Som International Health Resorts CO., LTD

Nutrition Facts



Properties

Glycemic Index:77.82, Glycemic Load:12.25, Inflammation Score:-10, Nutrition Score:17.093043602031%

Flavonoids

Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 109.23kcal (5.46%), Fat: 0.41g (0.62%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 25.67g (8.56%), Net Carbohydrates: 23.61g (8.59%), Sugar: 13.93g (15.48%), Cholesterol: 0mg (0%), Sodium: 881.28mg (38.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.47%), Vitamin A: 13197.44IU (263.95%), Vitamin C: 66.51mg (80.62%), Manganese: 0.48mg (24%), Potassium: 725.42mg (20.73%), Vitamin B6: 0.4mg (20.09%), Copper: 0.3mg (15.13%), Vitamin B2: 0.24mg (14.21%), Vitamin K: 14.9µg (14.19%), Vitamin E: 1.85mg (12.33%),

Phosphorus: 116.47mg (11.65%), Iron: 2.09mg (11.63%), Folate: 42.56µg (10.64%), Vitamin B3: 2mg (10.01%),
Magnesium: 36.57mg (9.14%), Vitamin B1: 0.13mg (8.89%), Fiber: 2.06g (8.24%), Vitamin B5: 0.64mg (6.41%),
Calcium: 63.16mg (6.32%), Zinc: 0.78mg (5.19%), Selenium: 2.18µg (3.11%)