



Sweet & hot prawn & pineapple curry



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 4 tbsp curry powder
- ☐ 2 tbsp brown sugar soft
- ☐ 2 tsp turmeric
- ☐ 1 tbsp fish sauce
- ☐ 400 ml coconut milk canned
- ☐ 1 small pineapple peeled chopped
- ☐ 10 kaffir lime leaves dried

- ☐ 5 to 5 chillies red chopped
- ☐ 3 lemon grass peeled cut into finger sized pieces
- ☐ 600 g tiger prawns raw peeled

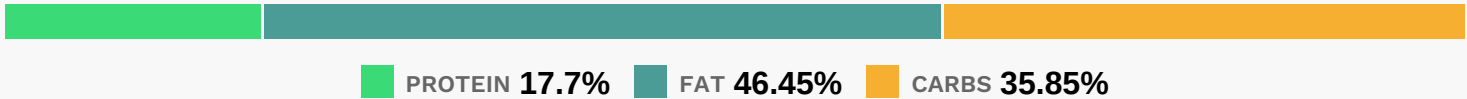
Equipment

- ☐ frying pan

Directions

- ☐ In a heavy-based pan, heat the oil and add the curry paste. Fry for 2 mins, add the sugar and turmeric, then stir well. Splash in the fish sauce, then the coconut milk and pineapple. Bring to the boil.
- ☐ Add the lime leaves or juice, chilli and lemongrass. Simmer for 3 mins, throw in the prawns and simmer for 5 mins more until the prawns change colour.

Nutrition Facts



Properties

Glycemic Index:14.21, Glycemic Load:8.74, Inflammation Score:-10, Nutrition Score:21.241739376732%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 279.41kcal (13.97%), Fat: 15.29g (23.53%), Saturated Fat: 11.16g (69.75%), Carbohydrates: 26.56g (8.85%), Net Carbohydrates: 22.27g (8.1%), Sugar: 17.42g (19.36%), Cholesterol: 94.5mg (31.5%), Sodium: 615.2mg (26.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.11g (26.23%), Vitamin C: 96.47mg (116.93%), Manganese: 1.87mg (93.55%), Selenium: 26.42µg (37.74%), Phosphorus: 269.5mg (26.95%), Copper: 0.47mg (23.43%), Vitamin B6: 0.46mg (23.21%), Magnesium: 69.71mg (17.43%), Fiber: 4.28g (17.13%), Iron: 2.96mg (16.44%), Potassium: 518.53mg (14.82%), Vitamin B3: 2.85mg (14.24%), Vitamin E: 2.13mg (14.21%), Folate: 56.85µg (14.21%), Vitamin B12: 0.84µg (14.06%), Vitamin K: 11.35µg (10.81%), Vitamin A: 499.8IU (10%), Vitamin B1: 0.15mg (9.87%), Zinc: 1.47mg (9.83%), Calcium: 88mg (8.8%), Vitamin B5: 0.63mg (6.3%), Vitamin B2: 0.09mg (5.03%)