



Thai Catfish Curry with Sweet Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon firmly brown sugar packed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon ginger minced peeled
- ☐ 1.5 cups coconut milk light reduced-fat ()
- ☐ 2 tablespoons juice of lime
- ☐ 8 oz slivered napa cabbage
- ☐ 0.3 cup shallots chopped

- ☐ 2 teaspoons soya sauce
- ☐ 3 cups lightly spinach leaves packed rinsed
- ☐ 1 pound jewel sweet potatoes peeled cut into 1/2-inch cubes
- ☐ 2 teaspoons thai curry paste red (see notes)
- ☐ 2 teaspoons vegetable oil
- ☐ 1 pound boned cut into 2-inch pieces

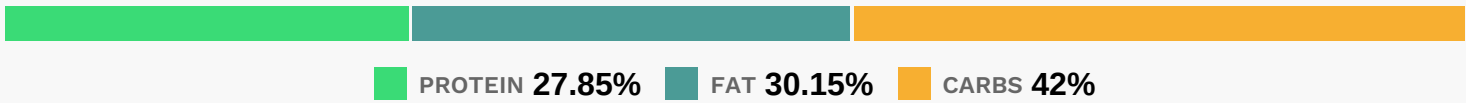
Equipment

- ☐ frying pan

Directions

- ☐ Pour oil into a 12-inch frying pan (with 2-in.-tall sides) or a 5- to 6-quart pan over medium-high heat. When hot, add shallots, ginger, and garlic and stir often until shallots are limp, about 5 minutes. Stir in coconut milk, curry paste, brown sugar, and soy sauce. Bring to a simmer.
- ☐ Stir in sweet potatoes; reduce heat to maintain a simmer, cover, and cook for 5 minutes. Gently stir in catfish, cover, and cook until sweet potatoes are tender and fish is opaque but still moist-looking in the center (cut to test), 8 to 10 minutes longer.
- ☐ Gently stir in cabbage and cook, uncovered, until limp, about 5 minutes. Stir in spinach, cilantro, and lime juice and serve immediately.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:12.79, Inflammation Score:-10, Nutrition Score:32.147391505863%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 331.04kcal (16.55%), Fat: 10.94g (16.83%), Saturated Fat: 6.3g (39.39%), Carbohydrates: 34.29g (11.43%), Net Carbohydrates: 28.83g (10.48%), Sugar: 8.57g (9.52%), Cholesterol: 65.77mg (21.92%), Sodium: 367.95mg (16%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 22.74g (45.48%), Vitamin A: 18900.56IU (378.01%), Vitamin K: 142.52µg (135.73%), Vitamin D: 14.17µg (94.5%), Vitamin B12: 2.53µg (42.15%), Manganese: 0.75mg (37.34%), Vitamin C: 30.17mg (36.56%), Phosphorus: 338.72mg (33.87%), Potassium: 1151.42mg (32.9%), Vitamin B6: 0.65mg (32.52%), Folate: 121.13µg (30.28%), Vitamin B1: 0.39mg (25.83%), Selenium: 16.12µg (23.03%), Fiber: 5.46g (21.84%), Magnesium: 87.12mg (21.78%), Vitamin B5: 1.95mg (19.49%), Vitamin B3: 3.39mg (16.96%), Copper: 0.3mg (14.78%), Vitamin B2: 0.24mg (13.87%), Calcium: 133.67mg (13.37%), Iron: 2.27mg (12.59%), Zinc: 1.3mg (8.67%), Vitamin E: 1.06mg (7.06%)