



Thai Green Curry Paste



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 thai chilies green (or chiles de arbol)
- ☐ 0.3 cup cilantro roots coarsely chopped
- ☐ 2 teaspoons coriander seeds toasted
- ☐ 2 teaspoons cumin seeds toasted
- ☐ 2 tablespoons galangal grated (or ginger)
- ☐ 3 tablespoons garlic chopped
- ☐ 2 tablespoons lemongrass peeled
- ☐ 2 teaspoons lime zest

- ☐ 4 tablespoons shallots diced finely
- ☐ 1 tablespoon shrimp paste
- ☐ 1 teaspoon peppercorns white toasted

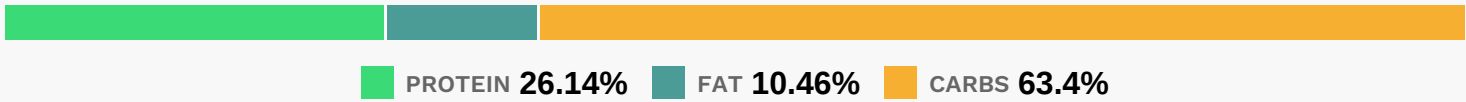
Equipment

- ☐ food processor

Directions

- ☐ Puree everything in a food processor.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:2.15, Inflammation Score:-6, Nutrition Score:8.3330434301625%

Flavonoids

Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 47.35kcal (2.37%), Fat: 0.62g (0.96%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 8.48g (2.83%), Net Carbohydrates: 6.91g (2.51%), Sugar: 2.98g (3.31%), Cholesterol: 28.5mg (9.5%), Sodium: 95.34mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Vitamin C: 67.23mg (81.49%), Manganese: 0.33mg (16.53%), Vitamin B6: 0.31mg (15.33%), Vitamin A: 482.91IU (9.66%), Iron: 1.61mg (8.96%), Vitamin K: 8.53µg (8.12%), Fiber: 1.57g (6.3%), Potassium: 220.38mg (6.3%), Copper: 0.1mg (5.1%), Magnesium: 19.34mg (4.84%), Calcium: 40.87mg (4.09%), Phosphorus: 39.09mg (3.91%), Folate: 14.6µg (3.65%), Vitamin B1: 0.05mg (3.47%), Vitamin B3: 0.67mg (3.37%), Vitamin B2: 0.05mg (3.12%), Vitamin E: 0.36mg (2.38%), Zinc: 0.3mg (2.03%), Selenium: 1.13µg (1.61%), Vitamin B5: 0.14mg (1.4%)