



Thai Green Curry Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



82 kcal

SAUCE

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 1 cup coconut milk
- ☐ 1 tablespoon fish sauce
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon curry paste green
- ☐ 2 teaspoons juice of lime fresh
- ☐ 1 teaspoon sugar

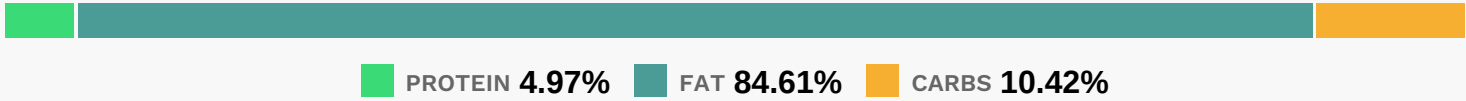
Equipment

sauce pan

Directions

Combine first 5 ingredients in a small saucepan. Simmer for 5 minutes. Stir in lime juice and basil.

Nutrition Facts



Properties

Glycemic Index:39.52, Glycemic Load:1.49, Inflammation Score:-4, Nutrition Score:2.7047826388608%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 82.36kcal (4.12%), Fat: 8.26g (12.71%), Saturated Fat: 7.21g (45.03%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 2.18g (0.79%), Sugar: 1.07g (1.18%), Cholesterol: 0.39mg (0.13%), Sodium: 313.15mg (13.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.19%), Manganese: 0.31mg (15.47%), Vitamin A: 412.92IU (8.26%), Iron: 1.36mg (7.54%), Magnesium: 23.12mg (5.78%), Copper: 0.09mg (4.51%), Phosphorus: 37.57mg (3.76%), Potassium: 97.98mg (2.8%), Folate: 7.2µg (1.8%), Vitamin B3: 0.36mg (1.79%), Zinc: 0.23mg (1.56%), Vitamin C: 1.16mg (1.41%), Vitamin K: 1.39µg (1.33%), Calcium: 13.18mg (1.32%), Vitamin B6: 0.02mg (1.18%)