



Thai Green Curry with Vegetables and Tofu

 Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



16

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 teaspoons tapioca/arrowroot flour
- 1 bunch asparagus ends trimmed cut into 1-inch pieces
- 0.5 teaspoon peppercorns black
- 0.3 cup flat parsley italian
- 1 tablespoon coriander seeds
- 0.5 tablespoon cumin seeds
- 1 package tofu cubed
- 2 tablespoons cilantro leaves fresh chopped

- 1 inch ginger fresh peeled cut into pieces
- 2 cloves garlic minced
- 8 cloves garlic peeled
- 5 medium to 2 chilies slit green such as serrano, stems removed and cut into large pieces
- 2 tablespoons curry paste green
- 16 juice of lime
- 3 stalks lemon grass white chopped
- 1 lime zest grated
- 1 large onion halved thinly sliced
- 0.3 cup cashew pieces raw
- 16 servings salt to taste
- 2 shallots peeled quartered
- 2 tablespoons soya sauce gluten-free (or tamari)
- 1 teaspoon sugar substitute
- 4 cups swiss chard thinly sliced (see variations below)
- 0.3 cup coconut flakes dried unsweetened
- 1 cup vegetable stock
- 2 cups water
- 2 tablespoons water as needed (more)

Equipment

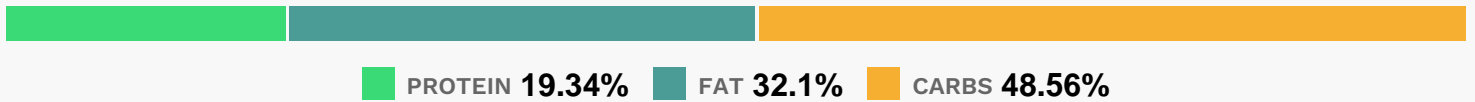
- food processor
- bowl
- frying pan
- mortar and pestle

Directions

- Toast the coriander and cumin seeds in a small, dry skillet for about two minutes over high heat or until they become fragrant.

- Remove them to a bowl and allow to cool. Then grind them and the black peppercorns in a spice mill or coffee mill until powdered. (You may also grind them in a mortar and pestle).
- Place the spices and all remaining ingredients into a food processor and process until its a thick paste, stopping to scrape down sides as needed.
- Add more water, if necessary to keep the mixture moving, and be careful not to breathe in the fumes as you remove the cover (I know this from experience!)
- Place in a tightly covered jar and refrigerate. Use within 2–3 weeks or freeze for later use.

Nutrition Facts



Properties

Glycemic Index:35.26, Glycemic Load:1.44, Inflammation Score:-7, Nutrition Score:11.218695609466%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 4.49mg, Hesperetin: 4.49mg, Hesperetin: 4.49mg, Hesperetin: 4.49mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 80.48kcal (4.02%), Fat: 3.2g (4.92%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 8.33g (3.03%), Sugar: 2.97g (3.3%), Cholesterol: 0mg (0%), Sodium: 451.1mg (19.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Vitamin K: 103.16µg (98.24%), Vitamin A: 1192.89IU (23.86%), Vitamin C: 19.33mg (23.43%), Manganese: 0.4mg (19.92%), Iron: 1.97mg (10.92%), Fiber: 2.54g (10.17%), Copper: 0.17mg (8.59%), Magnesium: 28.56mg (7.14%), Calcium: 67.66mg (6.77%), Folate: 26.83µg (6.71%), Potassium: 224.05mg (6.4%), Vitamin B6: 0.12mg (5.75%), Phosphorus: 54.8mg (5.48%), Vitamin B1: 0.08mg (5.2%), Vitamin B2: 0.07mg (4.17%), Vitamin E: 0.61mg (4.06%), Zinc: 0.52mg (3.46%), Vitamin B3: 0.57mg (2.87%), Selenium: 1.91µg (2.73%), Vitamin B5: 0.22mg (2.16%)