



Thai Red Curry with Mango Chutney

 Vegetarian  Vegan  Dairy Free

READY IN



90 min.

SERVINGS



5

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounces tofu cut into 1/2-inch cubes
- 2 tablespoons flour
- 1 teaspoon garlic finely chopped
- 1 bell pepper diced green
- 1 tablespoon juice of lime
- 5 servings mango chutney green
- 1 teaspoon nori seaweed crushed (or other seaweed)
- 0.5 cup pineapple with juice crushed

- 1 bell pepper diced red
- 2 tablespoons soya sauce
- 4 cups sprouts drained and rinsed boiling cold for 1 minute, in water
- 3 cups vegetable stock fat-free
- 1 medium onion yellow chopped
- 3 medium zucchini diced

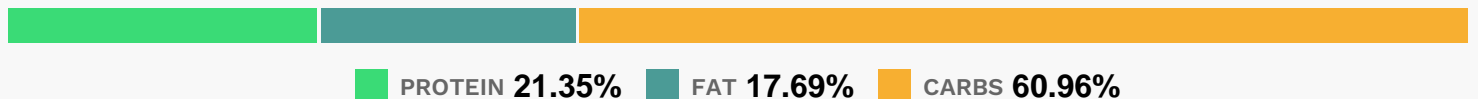
Equipment

- frying pan
- sauce pan
- wok

Directions

- Heat a large, non-stick wok or sauce pan over medium-high heat, and add the onion, peppers, and garlic. Cook, stirring, until onions are becoming tender, about 8 minutes.
- Add the flour, stirring constantly, and cook, stirring and scraping the bottom of the pan, for about 2 more minutes, until the flour begins to brown. Continue to stir as you add the vegetable broth, nori flakes, crushed pineapple, and curry paste. Turn down the heat to low and simmer until it's thickened, about 20 minutes. Meanwhile, add the tofu and its marinade to a hot, non-stick skillet. Cook, stirring gently, until all the liquid has evaporated. Continue to cook without stirring until the tofu is browned on one side; then turn it over to brown on all sides.
- Add it to the curry mixture. Return the skillet to the heat, and sauté the diced zucchini until it is tender but still crisp.
- Add it to the curry mixture. Cook the curry for about 5 more minutes.
- Serve over rice, sprinkled with bean sprouts and topped, if you like, with mango salsa.
- Serves about 5.

Nutrition Facts



Properties

Glycemic Index:63.8, Glycemic Load:11.41, Inflammation Score:-9, Nutrition Score:14.886086920033%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 206.56kcal (10.33%), Fat: 4.27g (6.57%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 33.09g (11.03%), Net Carbohydrates: 28.81g (10.47%), Sugar: 20.2g (22.44%), Cholesterol: 0mg (0%), Sodium: 990.24mg (43.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.19%), Vitamin C: 79.9mg (96.85%), Vitamin A: 1474.79IU (29.5%), Manganese: 0.43mg (21.33%), Vitamin B6: 0.4mg (19.86%), Fiber: 4.28g (17.14%), Folate: 67.16µg (16.79%), Vitamin K: 16.37µg (15.59%), Potassium: 524.42mg (14.98%), Calcium: 147.46mg (14.75%), Vitamin B2: 0.23mg (13.42%), Iron: 2.38mg (13.2%), Vitamin B1: 0.17mg (11.17%), Magnesium: 44.03mg (11.01%), Phosphorus: 100.46mg (10.05%), Copper: 0.2mg (9.83%), Vitamin B3: 1.59mg (7.95%), Vitamin B5: 0.57mg (5.71%), Zinc: 0.85mg (5.7%), Vitamin E: 0.66mg (4.42%), Selenium: 2.19µg (3.13%)