



HEALTH SCORE

59%

Thai squash & pineapple curry



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 onion chopped
- ☐ 4 tsp curry paste red
- ☐ 1 medium butternut squash peeled deseeded cut into chunks (500g 1lb 2oz)
- ☐ 0.5 lite coconut milk reduced-fat canned
- ☐ 200 ml vegetable stock
- ☐ 140 g green beans frozen
- ☐ 237 g pineapple chunks drained canned

☐

1 leaves cilantro leaves chopped

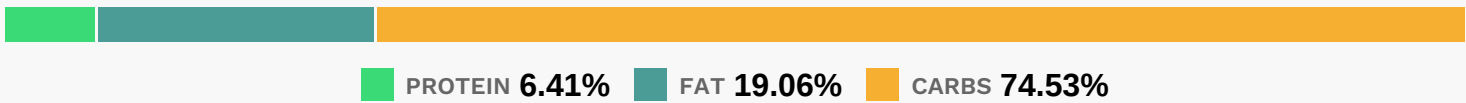
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat the oil in a wok or pan. Fry the onion for 5 mins until softened. Stir in the red curry paste, then add the squash, coconut milk and stock. Simmer for 15–20 mins until the squash is tender. After 10 mins cooking, tip in the green beans.
- ☐ Stir in the pineapple and coriander, cooking for just a few mins until the pineapple heats through.
- ☐ Sprinkle with the coriander leaves and serve the curry in bowls with noodles or rice.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:1.54, Inflammation Score:-10, Nutrition Score:19.06782594971%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg

Nutrients (% of daily need)

Calories: 181.11kcal (9.06%), Fat: 4.23g (6.51%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 31.12g (11.31%), Sugar: 15.66g (17.4%), Cholesterol: 0mg (0%), Sodium: 210.26mg (9.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Vitamin A: 21113.08IU (422.26%), Vitamin C: 51.74mg (62.71%), Vitamin E: 4.3mg (28.7%), Manganese: 0.49mg (24.54%), Fiber: 6.12g (24.5%), Potassium: 848.77mg (24.25%), Magnesium: 84.2mg (21.05%), Vitamin B6: 0.42mg (20.8%), Vitamin B1: 0.29mg (19.3%), Vitamin K: 18.6µg (17.72%), Folate: 70.52µg (17.63%), Vitamin B3: 2.71mg (13.55%), Calcium: 125.92mg (12.59%), Copper: 0.23mg (11.69%), Iron: 2.03mg (11.28%), Phosphorus: 87.42mg (8.74%), Vitamin B5: 0.86mg (8.64%), Vitamin B2: 0.09mg (5.54%), Zinc:

0.47mg (3.15%), Selenium: 1.52µg (2.18%)