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## Coconut Curry

Coconut curry is a popular vegan dish that originated in Southeast Asia. It is made with a rich and creamy coconut milk base and flavored with a blend of aromatic spices. This dish is typically served with rice or naan bread.

**Recipe Type:** Vegan

**Prep Time:** 20 mins

**Cook Time:** 30 mins

**Total Time:** 50 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>400 ml</b>	coconut milk
<b>15 g</b>	Curry powder
<b>100 g</b>	onion
<b>3 cloves</b>	garlic
<b>10 g</b>	Ginger

150 g	Red Bell Pepper
100 g	carrot
200 g	potato
200 g	tofu
30 ml	Lime juice
5 g	Salt
10 g	Cilantro

## Directions

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### Step 1

Stove

Heat a large pan over medium heat and add the coconut milk.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 2

Stove

Add the curry powder, onion, garlic, and ginger to the pan. Cook for 5 minutes until fragrant.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Stove

Add the red bell pepper, carrot, potato, and tofu to the pan. Cook for 10 minutes until the vegetables are tender.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

### Step 4

Stove

Stir in the lime juice and salt. Cook for an additional 2 minutes.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

### Step 5

Garnish with fresh cilantro and serve hot with rice or naan bread.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 20 g

**Protein:** 10 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	6 mg	54.55%	75%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Picnic

### Cuisines

Chinese Mexican Mediterranean Middle Eastern

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
Sugar-Free High Vitamin C High Iron High Calcium

### Kitchen Tools

Blender

### Course

Appetizers Main Dishes

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

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