

YELLOW COCONUT CURRY

Yield: 7 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-yellow-curry-powder-recipe>

Ingredients:

- 1 kabocha squash small
- 8 potatoes
- 8 carrots
- 1 tablespoon coconut oil
- 3 onions diced
- 8 garlic cloves minced
- 2 tablespoons ginger grated
- 2 tablespoons yellow curry powder
- 3 cups coconut milk
- 2 teaspoons honey
- 5 1/2 teaspoons salt
- 1/2 cup cilantro
- 1 lime
- red pepper optional

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 65 grams
3. Fat: 27 grams
4. Fiber: 12 grams
5. Protein: 9 grams
6. SaturatedFat: 23 grams
7. Sodium: 1940 milligrams
8. Sugar: 14 grams

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