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Singapore Laksa

Servings

4

Ready in

50 minutes

Ingredients

Laksa leaves, 1 bay leaves (1 g)

Turmeric root, 2 tsp (4 g)

Cooking oil, 1 Tablespoon (13 g)

Chicken stock, 4 cups (960 g)

Fish sauce, 1 tbsp (18 g)

Water, 1182.9 g

Banana, 1 banana (119 g)

Garlic, raw, 24 g

Ginger, 7 g

Bean sprout, 130 g

Shallot, 25 g

Chilli paste, 60 g

Lemongrass, 45 g

Coconut milk, 565 g

Candle nuts, 36 g



Preparation/cooking instructions

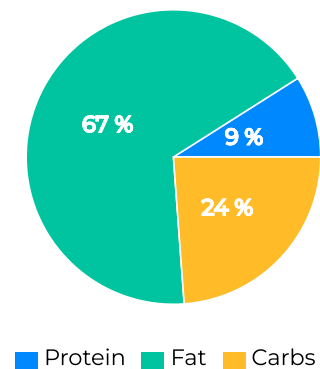
1. Remove the heads and shells from prawns and set aside in a bowl, then devein and set the prawn meat aside in a separate bowl.
2. To make the prawn stock, add cooking oil to a large saucepan on medium-high heat. Add prawn heads and shells then stir for 5 minutes, crushing the heads to release the flavour.
3. Add water and chicken stock, then simmer for 45 minutes allowing the stock to reduce.
4. Remove prawn shells then strain the broth into a bowl through a sieve.
5. In a food processor, add dried chilli, red chilli, dried shrimp, shrimp paste (belacan), garlic, shallot, ginger, blue ginger (galangal), turmeric root, candle nuts and lemongrass stalk, then pulse for 5 minutes until a thick paste forms.
6. Add cooking oil to a large saucepan then add the laksa paste and cook for 5 minutes until fragrant. Add palm sugar, fish sauce, coconut milk and prawn stock stirring to combine. Simmer the mixture for 15 minutes then add the prawns and tofu puffs, cooking for 3 minutes to finish.
7. To serve, add vermicelli noodles to a bowl then top with bean sprouts, cockles and slices of fish cake. Ladle in scoops of the laksa making sure to include tofu puffs and prawns. Top with a handful of finely chopped laksa leaves and optional chilli paste.

Source url

<https://tasty.co/recipe/singapore-laksa>

Macronutrient summary for Singapore Laksa

| | TOTAL | /100 G | /SERVING |
|----------------------|--------|--------|----------|
| Energy [kcal] | 2092.5 | 65.6 | 523.1 |
| Protein [g] | 49.7 | 1.6 | 12.4 |
| Fat [g] | 165 | 5.2 | 41.3 |
| Carbs [g] | 131.7 | 4.1 | 32.9 |
| Fiber [g] | 16.2 | 0.5 | 4.1 |
| Net Carbs [g] | 115.5 | 3.6 | 28.9 |



Breakdown per ingredient for Singapore Laksa

| TOTAL IN RECIPE | ENERGY [KCAL] | PROTEIN [G] | FAT [G] | CARBS [G] | FIBER [G] | NET CARBS [G] |
|---|------------------|----------------|------------|--------------|--------------|------------------|
| Laksa leaves 1 bay leaves (1 g) | 3.1 | 0.1 | 0.1 | 0.7 | 0.3 | 0.4 |
| Turmeric root 2 tsp (4 g) | 12.5 | 0.4 | 0.1 | 2.7 | 0.9 | 1.8 |
| Cooking oil 1 Tablespoon (13 g) | 114.9 | - | 13 | - | - | - |
| Chicken stock 4 cups (960 g) | 345.6 | 24.2 | 11.5 | 33.9 | - | 33.9 |
| Fish sauce 1 tbsp (18 g) | 6.3 | 0.9 | - | 0.7 | - | 0.7 |
| Water 1182.9 g | - | - | - | - | - | - |
| Banana 1 banana (119 g) | 105.9 | 1.3 | 0.4 | 27.2 | 3.1 | 24.1 |
| Garlic, raw 24 g | 35.8 | 1.5 | 0.1 | 7.9 | 0.5 | 7.4 |
| Ginger 7 g | 5.6 | 0.1 | 0.1 | 1.2 | 0.1 | 1.1 |
| Bean sprout 130 g | 49.4 | 0.9 | 0.1 | 11.5 | 6.4 | 5.1 |
| Shallot 25 g | 18 | 0.6 | - | 4.2 | 0.8 | 3.4 |
| Chilli paste 60 g | 24 | 1.1 | 0.3 | 5.3 | 0.9 | 4.4 |
| Lemongrass 45 g | 44.6 | 0.8 | 0.2 | 11.4 | - | 11.4 |
| Coconut milk 565 g | 1113.1 | 11.4 | 120.5 | 15.9 | - | 15.9 |
| Candle nuts 36 g | 213.8 | 6.2 | 18.5 | 9.1 | 3.2 | 5.9 |

Breakdown per ingredient for Singapore Laksa

| PER 100 GRAMS OF INGREDIENT | ENERGY [KCAL] | PROTEIN [G] | FAT [G] | CARBS [G] | FIBER [G] | NET CARBS [G] |
|---|------------------|----------------|------------|--------------|--------------|------------------|
| Laksa leaves 1 bay leaves (1 g) | 310 | 10 | 10 | 70 | 30 | 40 |
| Turmeric root 2 tsp (4 g) | 312.5 | 10 | 2.5 | 67.5 | 22.5 | 45 |
| Cooking oil 1 Tablespoon (13 g) | 883.8 | - | 100 | - | - | - |
| Chicken stock 4 cups (960 g) | 36 | 2.5 | 1.2 | 3.5 | - | 3.5 |
| Fish sauce 1 tbsp (18 g) | 35 | 5 | - | 3.9 | - | 3.9 |
| Water 1182.9 g | - | - | - | - | - | - |
| Banana 1 banana (119 g) | 89 | 1.1 | 0.3 | 22.9 | 2.6 | 20.3 |
| Garlic, raw 24 g | 149.2 | 6.3 | 0.4 | 32.9 | 2.1 | 30.8 |
| Ginger 7 g | 80 | 1.4 | 1.4 | 17.1 | 1.4 | 15.7 |
| Bean sprout 130 g | 38 | 0.7 | 0.1 | 8.8 | 4.9 | 3.9 |
| Shallot 25 g | 72 | 2.4 | - | 16.8 | 3.2 | 13.6 |
| Chilli paste 60 g | 40 | 1.8 | 0.5 | 8.8 | 1.5 | 7.3 |
| Lemongrass 45 g | 99.1 | 1.8 | 0.4 | 25.3 | - | 25.3 |
| Coconut milk 565 g | 197 | 2 | 21.3 | 2.8 | - | 2.8 |
| Candle nuts 36 g | 593.9 | 17.2 | 51.4 | 25.3 | 8.9 | 16.4 |

Breakdown per ingredient for Singapore Laksa

| PER SERVING 4 SERVINGS IN RECIPE | ENERGY [KCAL] | PROTEIN [G] | FAT [G] | CARBS [G] | FIBER [G] | NET CARBS [G] |
|---|------------------|----------------|------------|--------------|--------------|------------------|
| Laksa leaves 1 bay leaves (1 g) | 0.8 | - | - | 0.2 | 0.1 | 0.1 |
| Turmeric root 2 tsp (4 g) | 3.1 | 0.1 | - | 0.7 | 0.2 | 0.5 |
| Cooking oil 1 Tablespoon (13 g) | 28.7 | - | 3.3 | - | - | - |
| Chicken stock 4 cups (960 g) | 86.4 | 6.1 | 2.9 | 8.5 | - | 8.5 |
| Fish sauce 1 tbsp (18 g) | 1.6 | 0.2 | - | 0.2 | - | 0.2 |
| Water 1182.9 g | - | - | - | - | - | - |
| Banana 1 banana (119 g) | 26.5 | 0.3 | 0.1 | 6.8 | 0.8 | 6 |
| Garlic, raw 24 g | 9 | 0.4 | - | 2 | 0.1 | 1.9 |
| Ginger 7 g | 1.4 | - | - | 0.3 | - | 0.3 |
| Bean sprout 130 g | 12.4 | 0.2 | - | 2.9 | 1.6 | 1.3 |
| Shallot 25 g | 4.5 | 0.2 | - | 1.1 | 0.2 | 0.9 |
| Chilli paste 60 g | 6 | 0.3 | 0.1 | 1.3 | 0.2 | 1.1 |
| Lemongrass 45 g | 11.2 | 0.2 | 0.1 | 2.9 | - | 2.9 |
| Coconut milk 565 g | 278.3 | 2.9 | 30.1 | 4 | - | 4 |
| Candle nuts 36 g | 53.5 | 1.6 | 4.6 | 2.3 | 0.8 | 1.5 |

Micronutrient summary for Singapore Laksa

| | TOTAL | /100 G | /SERVING |
|---------------------------------|--------|--------|----------|
| Sugars [g] | 38.4 | 1.2 | 9.6 |
| Fiber [g] | 16.2 | 0.5 | 4.1 |
| Calcium, Ca [mg] | 327 | 10.3 | 81.8 |
| Iron, Fe [mg] | 30.9 | 1 | 7.7 |
| Magnesium, Mg [mg] | 534.9 | 16.8 | 133.7 |
| Phosphorus, P [mg] | 1147.5 | 36 | 286.9 |
| Potassium, K [mg] | 3954.6 | 124 | 988.7 |
| Sodium, Na [mg] | 2946.7 | 92.4 | 736.7 |
| Zinc, Zn [mg] | 8.2 | 0.3 | 2.1 |
| Copper, Cu [mg] | 3 | 0.1 | 0.8 |
| Fluoride, F [ug] | 2.6 | 0.1 | 0.7 |
| Manganese, Mn [mg] | 9.3 | 0.3 | 2.3 |
| Selenium, Se [ug] | 29.5 | 0.9 | 7.4 |
| Vitamin A, IU [IU] | 778.7 | 24.4 | 194.7 |
| Retinol [ug] | 10.3 | 0.3 | 2.6 |
| Vitamin A, RAE [ug] | 17 | 0.5 | 4.3 |
| Carotene, beta [ug] | 30.9 | 1 | 7.7 |
| Vitamin E [mg] | 3.9 | 0.1 | 1 |
| Vitamin D [ug] | 0 | 0 | 0 |
| Lycopene [ug] | 0 | 0 | 0 |
| Lutein + zeaxanthin [ug] | 35.8 | 1.1 | 9 |
| Tocopherol, beta [mg] | 0 | 0 | 0 |
| Vitamin C [mg] | 142.1 | 4.5 | 35.5 |
| Thiamin [mg] | 0.7 | 0 | 0.2 |

| | TOTAL | /100 G | /SERVING |
|---|--------------|---------------|-----------------|
| Riboflavin [mg] | 1.2 | 0 | 0.3 |
| Niacin [mg] | 23.6 | 0.7 | 5.9 |
| Vitamin B6 [mg] | 2.2 | 0.1 | 0.6 |
| Folate, total [ug] | 253.8 | 8 | 63.5 |
| Vitamin B12 [ug] | 0.1 | 0 | 0 |
| Menaquinone-4 [ug] | 0 | 0 | 0 |
| Dihydrophyloquinone [ug] | 0 | 0 | 0 |
| Vitamin K [ug] | 21.7 | 0.7 | 5.4 |
| Folate, food [ug] | 83.6 | 2.6 | 20.9 |
| Folate, DFE [ug] | 83.6 | 2.6 | 20.9 |
| Betaine [mg] | 0.5 | 0 | 0.1 |
| Threonine [g] | 0 | 0 | 0 |
| Isoleucine [g] | 0.1 | 0 | 0 |
| Leucine [g] | 0.1 | 0 | 0 |
| Methionine [g] | 0 | 0 | 0 |
| Cystine [g] | 0 | 0 | 0 |
| Phenylalanine [g] | 0.1 | 0 | 0 |
| Vitamin E, added [mg] | 0 | 0 | 0 |
| Vitamin B12, added [ug] | 0 | 0 | 0 |
| Cholesterol [mg] | 28.8 | 0.9 | 7.2 |
| Sat Fat [g] | 113.8 | 3.6 | 28.5 |
| Phytosterols [mg] | 19 | 0.6 | 4.8 |
| Stigmasterol [mg] | 0.4 | 0 | 0.1 |
| Beta-sitosterol [mg] | 53.7 | 1.7 | 13.4 |
| Fatty acids, total monounsaturated [g] | 30.4 | 1 | 7.6 |
| Fatty acids, total polyunsaturated [g] | 11.4 | 0.4 | 2.9 |

| | TOTAL | /100 G | /SERVING |
|--|--------------|---------------|-----------------|
| Fatty acids, total transpolyenoic [g] | 0 | 0 | 0 |
| Net Carbs [g] | 115.5 | 3.6 | 28.9 |

| TOTAL IN RECIPE | LAKSA LEAVES | TURMERIC ROOT | COOKING OIL | CHICKEN STOCK | FISH SAUCE | WATER | BANANA | GARLIC, RAW | GINGER | BEAN SPROUT | SHALLOT | CHILLI PASTE | LEMONGRASS | COCONUT MILK | CANDLE ¹ |
|---------------------------------|--------------|---------------|-------------|---------------|------------|-------|--------|-------------|--------|-------------|---------|--------------|------------|--------------|---------------------|
| Vitamin C [mg] | 0.5 | - | - | 1.9 | 0.1 | - | 10.4 | 7.5 | 0.4 | 26.3 | 2 | 86.2 | 1.2 | 5.7 | 0.1 |
| Thiamin [mg] | - | - | - | 0.3 | - | - | - | - | - | - | - | - | - | 0.1 | 0.1 |
| Riboflavin [mg] | - | - | - | 0.8 | - | - | 0.1 | - | - | - | - | 0.1 | 0.1 | - | 0.1 |
| Niacin [mg] | - | 0.1 | - | 15.2 | 0.4 | - | 0.8 | 0.2 | 0.1 | 0.3 | 0.1 | 0.7 | 0.5 | 3.6 | 1.7 |
| Vitamin B6 [mg] | - | - | - | 0.6 | 0.1 | - | 0.4 | 0.3 | - | 0.1 | 0.1 | 0.3 | - | 0.2 | 0.1 |
| Folate, total [ug] | 1.8 | 0.8 | - | 48 | 9.2 | - | 23.8 | 0.7 | 0.8 | 15.6 | 8.5 | 13.8 | 33.8 | 79.1 | 18 |
| Vitamin B12 [ug] | - | - | - | - | 0.1 | - | - | - | - | - | - | - | - | - | - |
| Menaquinone-4 [ug] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Dihydrophyloquinone [ug] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Vitamin K [ug] | - | 0.5 | 9.3 | 1.9 | - | - | 0.6 | 0.4 | - | 0.4 | 0.2 | 8.4 | - | - | - |
| Folate, food [ug] | 1.8 | 0.8 | - | 48 | 9.2 | - | 23.8 | - | - | - | - | - | - | - | - |
| Folate, DFE [ug] | 1.8 | 0.8 | - | 48 | 9.2 | - | 23.8 | - | - | - | - | - | - | - | - |
| Betaine [mg] | - | 0.4 | - | - | - | - | 0.1 | - | - | - | - | - | - | - | - |
| Threonine [g] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Isoleucine [g] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Leucine [g] | - | - | - | - | - | - | 0.1 | - | - | - | - | - | - | - | - |
| Methionine [g] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Cystine [g] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Phenylalanine [g] | - | - | - | - | - | - | 0.1 | - | - | - | - | - | - | - | - |
| Vitamin E, added [mg] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Vitamin B12, added [ug] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Cholesterol [mg] | - | - | - | 28.8 | - | - | - | - | - | - | - | - | - | - | - |
| Sat Fat [g] | - | 0.1 | 1 | 3.1 | - | - | 0.1 | - | - | - | - | - | 0.1 | 106.9 | 2.5 |

| TOTAL IN RECIPE | LAKSA LEAVES | TURMERIC ROOT | COOKING OIL | CHICKEN STOCK | FISH SAUCE | WATER | BANANA | GARLIC, RAW | GINGER | BEAN SPROUT | SHALLOT | CHILLI PASTE | LEMONGRASS | COCONUT MILK | CANDLE ¹ |
|---|--------------|---------------|-------------|---------------|------------|-------|--------|-------------|--------|-------------|---------|--------------|------------|--------------|---------------------|
| Phytosterols [mg] | - | - | - | - | - | - | 19 | - | - | - | - | - | - | - | - |
| Stigmasterol [mg] | - | - | 0.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Beta-sitosterol [mg] | - | - | 53.7 | - | - | - | - | - | - | - | - | - | - | - | - |
| Fatty acids, total monoun... [g] | - | - | 8.2 | 5.6 | - | - | - | - | - | - | - | - | - | 5.1 | 11.3 |
| Fatty acids, total polyun... [g] | - | - | 3.7 | 2 | - | - | 0.1 | 0.1 | - | 0.1 | - | 0.1 | 0.1 | 1.3 | 3.9 |
| Fatty acids, total transp... [g] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Net Carbs [g] | 0.4 | 1.8 | - | 33.9 | 0.7 | - | 24.1 | 7.4 | 1.1 | 5.1 | 3.4 | 4.4 | 11.4 | 15.9 | 5.9 |

| PER 100 GRAMS OF INGREDIENT | LAKSA LEAVES | TURMERIC ROOT | COOKING OIL | CHICKEN STOCK | FISH SAUCE | WATER | BANANA | GARLIC, RAW | GINGER | BEAN SPROUT | SHALLOT | CHILLI PASTE | LEMONGRASS | COCONUT MILK | CANDLE ↑ |
|---------------------------------|--------------|---------------|-------------|---------------|------------|-------|--------|-------------|--------|-------------|---------|--------------|------------|--------------|----------|
| Vitamin C [mg] | 50 | - | - | 0.2 | 0.6 | - | 8.7 | 31.3 | 5.7 | 20.2 | 8 | 143.7 | 2.7 | 1 | 0.3 |
| Thiamin [mg] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 0.3 |
| Riboflavin [mg] | - | - | - | 0.1 | - | - | 0.1 | - | - | - | - | 0.2 | 0.2 | - | 0.3 |
| Niacin [mg] | - | 2.5 | - | 1.6 | 2.2 | - | 0.7 | 0.8 | 1.4 | 0.2 | 0.4 | 1.2 | 1.1 | 0.6 | 4.7 |
| Vitamin B6 [mg] | - | - | - | 0.1 | 0.6 | - | 0.3 | 1.3 | - | 0.1 | 0.4 | 0.5 | - | - | 0.3 |
| Folate, total [ug] | 180 | 20 | - | 5 | 51.1 | - | 20 | 2.9 | 11.4 | 12 | 34 | 23 | 75.1 | 14 | 50 |
| Vitamin B12 [ug] | - | - | - | - | 0.6 | - | - | - | - | - | - | - | - | - | - |
| Menaquinone-4 [ug] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Dihydrophyloquinone [ug] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Vitamin K [ug] | - | 12.5 | 71.5 | 0.2 | - | - | 0.5 | 1.7 | - | 0.3 | 0.8 | 14 | - | - | - |
| Folate, food [ug] | 180 | 20 | - | 5 | 51.1 | - | 20 | - | - | - | - | - | - | - | - |
| Folate, DFE [ug] | 180 | 20 | - | 5 | 51.1 | - | 20 | - | - | - | - | - | - | - | - |
| Betaine [mg] | - | 10 | - | - | - | - | 0.1 | - | - | - | - | - | - | - | - |
| Threonine [g] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Isoleucine [g] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Leucine [g] | - | - | - | - | - | - | 0.1 | - | - | - | - | - | - | - | - |
| Methionine [g] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Cystine [g] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Phenylalanine [g] | - | - | - | - | - | - | 0.1 | - | - | - | - | - | - | - | - |
| Vitamin E, added [mg] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Vitamin B12, added [ug] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Cholesterol [mg] | - | - | - | 3 | - | - | - | - | - | - | - | - | - | - | - |
| Sat Fat [g] | - | 2.5 | 7.7 | 0.3 | - | - | 0.1 | - | - | - | - | - | 0.2 | 18.9 | 6.9 |

| PER 100 GRAMS OF INGREDIENT | LAKSA LEAVES | TURMERIC ROOT | COOKING OIL | CHICKEN STOCK | FISH SAUCE | WATER | BANANA | GARLIC, RAW | GINGER | BEAN SPROUT | SHALLOT | CHILLI PASTE | LEMONGRASS | COCONUT MILK | CANDLE ↑ |
|---|--------------|---------------|-------------|---------------|------------|-------|--------|-------------|--------|-------------|---------|--------------|------------|--------------|----------|
| Phytosterols [mg] | - | - | - | - | - | - | 16 | - | - | - | - | - | - | - | - |
| Stigmasterol [mg] | - | - | 3.1 | - | - | - | - | - | - | - | - | - | - | - | - |
| Beta-sitosterol [mg] | - | - | 413.1 | - | - | - | - | - | - | - | - | - | - | - | - |
| Fatty acids, total monoun... [g] | - | - | 63.1 | 0.6 | - | - | - | - | - | - | - | - | - | 0.9 | 31.4 |
| Fatty acids, total polyun... [g] | - | - | 28.5 | 0.2 | - | - | 0.1 | 0.4 | - | 0.1 | - | 0.2 | 0.2 | 0.2 | 10.8 |
| Fatty acids, total transp... [g] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Net Carbs [g] | 40 | 45 | - | 3.5 | 3.9 | - | 20.3 | 30.8 | 15.7 | 3.9 | 13.6 | 7.3 | 25.3 | 2.8 | 16.4 |

| PER SERVING 4 SERVINGS IN RECIPE | LAKSA LEAVES | TURMERIC ROOT | COOKING OIL | CHICKEN STOCK | FISH SAUCE | WATER | BANANA | GARLIC, RAW | GINGER | BEAN SPROUT | SHALLOT | CHILLI PASTE | LEMONGRASS | COCONUT MILK | CANDLE |
|-------------------------------------|--------------|---------------|-------------|---------------|------------|-------|--------|-------------|--------|-------------|---------|--------------|------------|--------------|--------|
| Vitamin C [mg] | 0.1 | - | - | 0.5 | - | - | 2.6 | 1.9 | 0.1 | 6.6 | 0.5 | 21.6 | 0.3 | 1.4 | - |
| Thiamin [mg] | - | - | - | 0.1 | - | - | - | - | - | - | - | - | - | - | - |
| Riboflavin [mg] | - | - | - | 0.2 | - | - | - | - | - | - | - | - | - | - | - |
| Niacin [mg] | - | - | - | 3.8 | 0.1 | - | 0.2 | 0.1 | - | 0.1 | - | 0.2 | 0.1 | 0.9 | 0.4 |
| Vitamin B6 [mg] | - | - | - | 0.2 | - | - | 0.1 | 0.1 | - | - | - | 0.1 | - | 0.1 | - |
| Folate, total [ug] | 0.5 | 0.2 | - | 12 | 2.3 | - | 6 | 0.2 | 0.2 | 3.9 | 2.1 | 3.5 | 8.5 | 19.8 | 4.5 |
| Vitamin B12 [ug] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Menaquinone-4 [ug] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Dihydrophyloquinone [ug] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Vitamin K [ug] | - | 0.1 | 2.3 | 0.5 | - | - | 0.2 | 0.1 | - | 0.1 | 0.1 | 2.1 | - | - | - |
| Folate, food [ug] | 0.5 | 0.2 | - | 12 | 2.3 | - | 6 | - | - | - | - | - | - | - | - |
| Folate, DFE [ug] | 0.5 | 0.2 | - | 12 | 2.3 | - | 6 | - | - | - | - | - | - | - | - |
| Betaine [mg] | - | 0.1 | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Threonine [g] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Isoleucine [g] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Leucine [g] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Methionine [g] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Cystine [g] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Phenylalanine [g] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Vitamin E, added [mg] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Vitamin B12, added [ug] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Cholesterol [mg] | - | - | - | 7.2 | - | - | - | - | - | - | - | - | - | - | - |
| Sat Fat [g] | - | - | 0.3 | 0.8 | - | - | - | - | - | - | - | - | - | 26.7 | 0.6 |

PER SERVING
4 SERVINGS IN RECIPE

LAKSA LEAVES
TURMERIC ROOT
COOKING OIL
CHICKEN STOCK
FISH SAUCE
WATER
BANANA
GARLIC, RAW
GINGER
BEAN SPROUT
SHALLOT
CHILLI PASTE
LEMONGRASS
COCONUT MILK
CANDLE

| | | | | | | | | | | | | | | | |
|---|-----|-----|------|-----|-----|---|---|-----|-----|-----|-----|-----|-----|-----|-----|
| Phytosterols [mg] | - | - | - | - | - | - | - | 4.8 | - | - | - | - | - | - | - |
| Stigmasterol [mg] | - | - | 0.1 | - | - | - | - | - | - | - | - | - | - | - | - |
| Beta-sitosterol [mg] | - | - | 13.4 | - | - | - | - | - | - | - | - | - | - | - | - |
| Fatty acids, total monoun... [g] | - | - | 2.1 | 1.4 | - | - | - | - | - | - | - | - | - | 1.3 | 2.8 |
| Fatty acids, total polyun... [g] | - | - | 0.9 | 0.5 | - | - | - | - | - | - | - | - | - | 0.3 | 1 |
| Fatty acids, total transp... [g] | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Net Carbs [g] | 0.1 | 0.5 | - | 8.5 | 0.2 | - | 6 | 1.9 | 0.3 | 1.3 | 0.9 | 1.1 | 2.9 | 4 | 1.5 |