



Angry Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons chipotle powder
- ☐ 3 cups brown rice cooked
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup cherries dried chopped
- ☐ 2 pounds medium-large shrimp frozen thawed deveined peeled
- ☐ 4 teaspoons garlic divided chopped
- ☐ 0.5 cup golden raisins
- ☐ 0.5 cup grand marnier orange liqueur

- ☐ 0.5 teaspoons ground cumin
- ☐ 6 cups kale chopped
- ☐ 2 tablespoons olive oil divided
- ☐ 1 tablespoon orange zest
- ☐ 2 tablespoons pumpkin seeds
- ☐ 20 ounces vegetable broth low-sodium
- ☐ 0.8 cup onion diced white

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small pan over high heat, toast pumpkin seeds, stirring constantly, until lightly brown, 1 to 2 minutes. In a food processor, puree raisins and 1/4 cup water 1 minute. In a large pan over medium heat, heat 1 tablespoon oil.
- ☐ Add onion; cook until translucent, 5 minutes. Stir in raisin puree, cherries, chipotle, 1 teaspoon garlic and cumin; cook 1 minute.
- ☐ Add Grand Marnier and cook, stirring, until alcohol is cooked out, 1 to 2 minutes.
- ☐ Add broth and bring to a boil, then reduce heat and simmer. In a bowl, dissolve cornstarch in 1 tablespoon cold water. Gradually add cornstarch mixture to broth mixture to thicken; reduce heat and simmer 7 to 10 minutes.
- ☐ Add shrimp; cook until pale white, 5 minutes. Stir in zest; season with salt and pepper.
- ☐ Transfer to a bowl and set aside. In pan, heat remaining 1 tablespoon oil. Cook kale and 3 teaspoons garlic, stirring, until kale starts to wilt, 3 to 5 minutes. Strain juices and combine with rice. Divide rice mixture, shrimp and seeds among 6 plates.
- ☐ Self

Nutrition Facts



 **PROTEIN 26.75%**  **FAT 21.26%**  **CARBS 51.99%**

Properties

Glycemic Index:35.48, Glycemic Load:16.86, Inflammation Score:-10, Nutrition Score:27.656521828278%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 5.96mg, Isorhamnetin: 5.96mg, Isorhamnetin: 5.96mg, Isorhamnetin: 5.96mg Kaempferol: 10.29mg, Kaempferol: 10.29mg, Kaempferol: 10.29mg, Kaempferol: 10.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.13mg, Quercetin: 9.13mg, Quercetin: 9.13mg, Quercetin: 9.13mg

Nutrients (% of daily need)

Calories: 422.35kcal (21.12%), Fat: 9.23g (14.2%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 50.79g (16.93%), Net Carbohydrates: 45.87g (16.68%), Sugar: 17.63g (19.59%), Cholesterol: 190.51mg (63.5%), Sodium: 884.54mg (38.46%), Alcohol: 5.11g (100%), Alcohol %: 1.49% (100%), Caffeine: 5.11mg (1.7%), Protein: 26.13g (52.26%), Vitamin K: 86.66µg (82.53%), Manganese: 1.52mg (76.03%), Selenium: 45.98µg (65.68%), Vitamin A: 2754.45IU (55.09%), Phosphorus: 523.8mg (52.38%), Vitamin C: 23.55mg (28.54%), Magnesium: 112.01mg (28%), Vitamin B12: 1.68µg (27.97%), Vitamin B6: 0.53mg (26.43%), Copper: 0.49mg (24.26%), Vitamin B3: 4.7mg (23.48%), Vitamin E: 3.16mg (21.08%), Fiber: 4.92g (19.68%), Calcium: 171.07mg (17.11%), Zinc: 2.56mg (17.03%), Potassium: 499.37mg (14.27%), Folate: 52.31µg (13.08%), Vitamin B1: 0.18mg (12.09%), Iron: 2.12mg (11.76%), Vitamin B5: 0.96mg (9.59%), Vitamin B2: 0.15mg (9.01%), Vitamin D: 0.15µg (1.01%)