



Authentic and Easy Shrimp Curry

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 curry leaves fresh
- 5 servings cilantro leaves fresh chopped to taste
- 1 teaspoon garam masala
- 1 tablespoon ginger garlic paste
- 1 teaspoon ground chile pepper red
- 1 teaspoon ground coriander
- 0.5 teaspoon ground turmeric
- 1 large onion chopped

- 0.7 teaspoon salt
- 2 pounds shrimp deveined peeled
- 1 tomatoes finely chopped
- 0.3 cup vegetable oil
- 0.3 cup water

Equipment

- sauce pan
- wok

Directions

- Heat the oil in a wok or large saucepan over nearly high heat.
- Add the onions; cook and stir until browned.
- Mix in the curry leaves, then season with the ginger garlic paste, coriander and salt. Cook and stir for 1 minute.
- Season with salt and turmeric, then mix in the tomato, chile powder, shrimp and water. Reduce the heat to medium-high and cook for 7 to 8 minutes, until shrimp are opaque. Taste and adjust salt and chile powder if necessary. Season with garam masala, stir and remove from the heat.
- Garnish with fresh cilantro and serve with flat bread or rice.

Nutrition Facts



Properties

Glycemic Index:29.4, Glycemic Load:0.91, Inflammation Score:-9, Nutrition Score:18.381304357363%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg

6.29mg, Quercetin: 6.29mg

Nutrients (% of daily need)

Calories: 274.01kcal (13.7%), Fat: 12.06g (18.55%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 3.39g (1.23%), Sugar: 1.98g (2.2%), Cholesterol: 292.11mg (97.37%), Sodium: 530.62mg (23.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.24g (74.47%), Vitamin B3: 23.21mg (116.07%), Folate: 244.76µg (61.19%), Vitamin C: 47.19mg (57.2%), Phosphorus: 406.1mg (40.61%), Copper: 0.75mg (37.27%), Vitamin K: 22.59µg (21.51%), Magnesium: 71.74mg (17.93%), Zinc: 2.56mg (17.06%), Potassium: 595.02mg (17%), Calcium: 137.74mg (13.77%), Manganese: 0.15mg (7.72%), Vitamin E: 1.05mg (6.97%), Iron: 1.25mg (6.93%), Vitamin A: 297.39IU (5.95%), Fiber: 1.17g (4.69%), Vitamin B6: 0.06mg (3.22%), Vitamin B1: 0.03mg (1.72%), Vitamin B2: 0.02mg (1.03%)