



Authentic and Easy Shrimp Curry



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 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

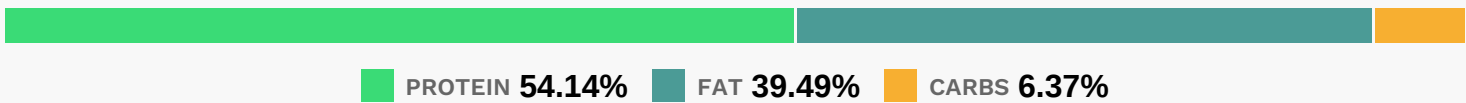
Equipment

- ☐ 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:-8, Nutrition Score:9.2813043983086%

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

Nutrients (% of daily need)

Calories: 272.93kcal (13.65%), Fat: 12.05g (18.54%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 3.27g (1.19%), Sugar: 1.98g (2.2%), Cholesterol: 292.11mg (97.37%), Sodium: 530.62mg (23.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.18g (74.35%), Phosphorus: 405.53mg (40.55%), Copper: 0.74mg (37.22%), Vitamin K: 22.59µg (21.51%), Magnesium: 71.3mg (17.82%), Zinc: 2.56mg (17.04%), Potassium: 595.02mg (17%), Calcium: 129.44mg (12.94%), Vitamin C: 7.19mg (8.72%), Manganese: 0.15mg (7.65%), Vitamin E: 1.05mg (6.97%), Iron: 1.24mg (6.88%), Vitamin A: 221.79IU (4.44%), Fiber: 1.11g (4.43%), Vitamin B6: 0.06mg (3.22%), Folate: 9.76µg (2.44%), Vitamin B1: 0.02mg (1.66%), Vitamin B3: 0.21mg (1.07%)