



Bell Peppers with Shrimp and Coconut Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 tablespoon ginger fresh chopped
- ☐ 4 teaspoons garlic chopped
- ☐ 1 cup jasmine rice rinsed drained
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.8 cup lite coconut milk light
- ☐ 2 tablespoons juice of lime fresh

- ☐ 1 teaspoon lime zest finely grated
- ☐ 4 medium bell pepper red
- ☐ 0.3 cup roasted unsalted roughly chopped
- ☐ 1 pound shrimp frozen thawed deveined peeled
- ☐ 1 teaspoon sugar
- ☐ 4 teaspoons vegetable oil

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°. In a medium pan over medium heat, heat oil. Cook ginger and garlic, 1 minute.
- ☐ Add rice and cook, 2 minutes.
- ☐ Add milk, 1 1/4 cups water, zest, sugar, salt and black pepper and bring to a low boil; stir and cover. Reduce heat to simmer, 10 minutes. Stir in shrimp; cover and cook until shrimp are opaque, 5 minutes. In a large pot, bring 8 inches of water to a low boil.
- ☐ Cut off top third of each bell pepper and reserve; remove ribs and seeds. Boil peppers and tops until slightly soft, 5 minutes; place upside down on a paper towel-lined plate. Stir juice, basil and cashews into rice mixture.
- ☐ Place bell peppers open side up in a baking dish with tops alongside; stuff with rice mixture.
- ☐ Pour an inch of water in bottom of dish. Cover with foil and bake until warm, 15 minutes.
- ☐ Self

Nutrition Facts



 **PROTEIN 31.7%**  **FAT 20.26%**  **CARBS 48.04%**

Properties

Glycemic Index:85.57, Glycemic Load:24.81, Inflammation Score:-10, Nutrition Score:22.756086758945%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 405.6kcal (20.28%), Fat: 9.09g (13.98%), Saturated Fat: 3.71g (23.17%), Carbohydrates: 48.51g (16.17%), Net Carbohydrates: 45.21g (16.44%), Sugar: 6.25g (6.95%), Cholesterol: 194.99mg (65%), Sodium: 619.95mg (26.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32g (64%), Vitamin C: 156.01mg (189.1%), Vitamin A: 3809.97IU (76.2%), Manganese: 0.77mg (38.26%), Phosphorus: 378.52mg (37.85%), Vitamin B6: 0.62mg (30.84%), Copper: 0.6mg (30%), Potassium: 712.16mg (20.35%), Vitamin K: 20.68µg (19.7%), Selenium: 13.03µg (18.61%), Magnesium: 73.98mg (18.49%), Zinc: 2.74mg (18.25%), Vitamin E: 2.36mg (15.75%), Vitamin B3: 3.1mg (15.49%), Folate: 60.55µg (15.14%), Fiber: 3.3g (13.19%), Vitamin B1: 0.19mg (12.87%), Calcium: 105.25mg (10.53%), Vitamin B5: 1.03mg (10.3%), Vitamin B2: 0.17mg (9.84%), Iron: 1.71mg (9.52%), Vitamin B12: 0.1µg (1.68%)