



Bombay Curried Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup teaspoons basil dried fresh chopped
- ☐ 6 cups rice hot cooked
- ☐ 1 tablespoon curry powder
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup coconut milk light
- ☐ 10.5 ounce low-salt chicken broth canned
- ☐ 1 cup bell pepper diced red

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shallots minced
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 1 teaspoon sugar
- ☐ 3 tablespoons coconut or sweetened flaked toasted
- ☐ 1.5 cups tomatoes diced
- ☐ 2 teaspoons vegetable oil

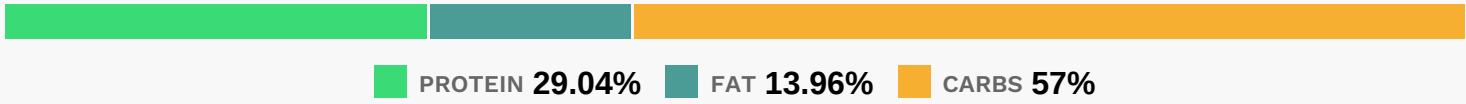
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine shrimp and flour in a bowl; toss well, and set aside.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add shallots and curry powder; saut 1 minute.
- ☐ Add bell pepper; saut 1 minute.
- ☐ Add tomato and next 6 ingredients (tomato through broth); bring to a simmer, and cook 2 minutes.
- ☐ Add shrimp mixture; simmer 4 minutes or until shrimp is done, stirring occasionally. Spoon shrimp mixture over rice, and sprinkle with coconut.

Nutrition Facts



Properties

Glycemic Index:71.52, Glycemic Load:50.5, Inflammation Score:-8, Nutrition Score:16.387391279573%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg,

Naringenin: 0.29mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 409.09kcal (20.45%), Fat: 6.33g (9.74%), Saturated Fat: 3.67g (22.94%), Carbohydrates: 58.15g (19.38%), Net Carbohydrates: 54.79g (19.92%), Sugar: 7.2g (8%), Cholesterol: 182.57mg (60.86%), Sodium: 386mg (16.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.63g (59.26%), Manganese: 1.05mg (52.28%), Vitamin C: 39.73mg (48.16%), Phosphorus: 365.71mg (36.57%), Copper: 0.66mg (32.87%), Vitamin A: 1151.37IU (23.03%), Selenium: 13.91µg (19.87%), Magnesium: 77.74mg (19.44%), Potassium: 652.9mg (18.65%), Zinc: 2.66mg (17.73%), Vitamin B6: 0.34mg (16.95%), Fiber: 3.35g (13.41%), Vitamin K: 12.23µg (11.65%), Calcium: 110.94mg (11.09%), Iron: 1.96mg (10.86%), Vitamin B3: 1.99mg (9.93%), Folate: 33.68µg (8.42%), Vitamin B5: 0.81mg (8.06%), Vitamin E: 1.02mg (6.8%), Vitamin B1: 0.09mg (5.67%), Vitamin B2: 0.08mg (4.64%)