



Bombay Shrimp Curry with Coconut Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 5 teaspoons canola oil divided
- ☐ 1.5 tablespoons curry powder
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 cup rice instant uncooked
- ☐ 1 cup lite coconut milk light

- ☐ 1 tablespoon mustard seeds
- ☐ 1.5 cups onion
- ☐ 1 cup peas-carrots mix shopping list frozen
- ☐ 0.8 teaspoon salt divided
- ☐ 1 pound shrimp deveined peeled
- ☐ 1.3 cups water hot

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

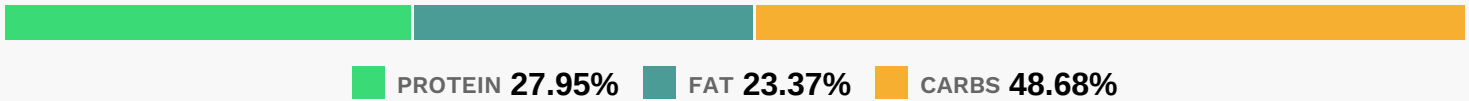
Directions

- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add 2 teaspoons oil; swirl to coat.
- ☐ Sprinkle shrimp with 1/8 teaspoon salt and black pepper.
- ☐ Add shrimp to pan; cook 2 minutes on each side or until done.
- ☐ Remove from pan.
- ☐ Reduce heat to medium; add remaining 3 teaspoons oil; swirl to coat.
- ☐ Add onion; cook 2 minutes, stirring constantly.
- ☐ Add 1/2 teaspoon salt, curry powder, and next 3 ingredients (through red pepper); cook 1 minute, stirring constantly.
- ☐ Add hot water and peas and carrots; bring to a boil. Cover and reduce heat to medium-low; simmer 4 minutes. Return shrimp to pan; cook 1 minute.
- ☐ While curry cooks, bring milk to a boil in a saucepan. Stir in remaining 1/8 teaspoon salt and rice. Cover and remove from heat.
- ☐ Let stand 5 minutes or until liquid is absorbed.
- ☐ Place about 1/3 cup rice on each of 4 plates; top each serving with about 1 cup shrimp mixture.
- ☐ Sprinkle each serving with 3/4 teaspoon cilantro.

☐

Sustainable Choice: Buy U.S. or Canadian wild-caught or farmed shrimp for the best sustainable option.

Nutrition Facts



Properties

Glycemic Index:48.55, Glycemic Load:23.55, Inflammation Score:-9, Nutrition Score:16.306086892667%

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: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg

Nutrients (% of daily need)

Calories: 415.74kcal (20.79%), Fat: 10.76g (16.56%), Saturated Fat: 4.06g (25.37%), Carbohydrates: 50.45g (16.82%), Net Carbohydrates: 46.44g (16.89%), Sugar: 2.86g (3.18%), Cholesterol: 182.57mg (60.86%), Sodium: 650.57mg (28.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.94%), Vitamin A: 3381.99IU (67.64%), Manganese: 0.9mg (45.23%), Phosphorus: 365.39mg (36.54%), Copper: 0.65mg (32.56%), Magnesium: 80.65mg (20.16%), Selenium: 13.83µg (19.76%), Zinc: 2.58mg (17.21%), Potassium: 567.14mg (16.2%), Fiber: 4.01g (16.05%), Iron: 2.42mg (13.44%), Calcium: 131.45mg (13.14%), Vitamin B6: 0.22mg (11.11%), Vitamin C: 8.89mg (10.78%), Vitamin E: 1.6mg (10.65%), Vitamin B1: 0.15mg (10.32%), Folate: 35.78µg (8.94%), Vitamin B3: 1.52mg (7.61%), Vitamin K: 6.85µg (6.52%), Vitamin B5: 0.64mg (6.37%), Vitamin B2: 0.08mg (4.81%)