



Coconut Curried Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 15 ounce coconut milk canned
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 4 servings rice hot cooked
- ☐ 1 teaspoon curry powder
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 garlic cloves minced
- ☐ 1 bell pepper red finely chopped

- ☐ 1 tablespoon sesame oil
- ☐ 1.5 pounds shrimp peeled
- ☐ 2 tablespoons soya sauce
- ☐ 1.5 teaspoons thai curry paste red

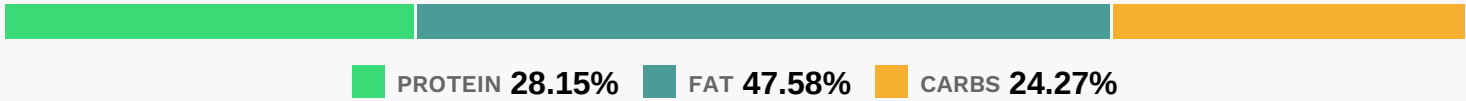
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a bowl.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add shrimp; cook 3 to 4 minutes or until pink, stirring occasionally. (Shrimp will not be cooked through.)
- ☐ Remove from skillet; set aside.
- ☐ Add bell pepper, curry paste, and curry powder to skillet. Cook for 2 minutes, stirring constantly. Stir in coconut milk, soy sauce, and brown sugar. Cook for 3 minutes or until curry paste dissolves, stirring constantly.
- ☐ Stir in shrimp; cook 2 minutes.
- ☐ Remove from heat. Stir in cilantro, and serve immediately in shallow bowls over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:24.54, Inflammation Score:-8, Nutrition Score:19.979130475417%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 554.92kcal (27.75%), Fat: 30.22g (46.49%), Saturated Fat: 23.25g (145.34%), Carbohydrates: 34.68g (11.56%), Net Carbohydrates: 31g (11.27%), Sugar: 8.1g (9%), Cholesterol: 273.86mg (91.29%), Sodium: 725.16mg (31.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.23g (80.47%), Manganese: 1.54mg (76.89%), Phosphorus: 528.96mg (52.9%), Copper: 1.04mg (51.79%), Vitamin C: 42.1mg (51.03%), Magnesium: 118.45mg (29.61%), Vitamin A: 1299.33IU (25.99%), Potassium: 868.35mg (24.81%), Zinc: 3.54mg (23.61%), Iron: 3.4mg (18.89%), Selenium: 12.97µg (18.53%), Calcium: 148.82mg (14.88%), Fiber: 3.68g (14.73%), Vitamin B6: 0.24mg (12.15%), Vitamin B3: 1.83mg (9.13%), Folate: 36.34µg (9.09%), Vitamin B5: 0.65mg (6.53%), Vitamin E: 0.85mg (5.67%), Vitamin K: 5.67µg (5.4%), Vitamin B1: 0.07mg (4.68%), Vitamin B2: 0.05mg (3.21%)