



Coconut Curry Dip with Shrimp

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon curry powder
- ☐ 5.3 oz greek yogurt yoplait®
- ☐ 16 shrimp frozen

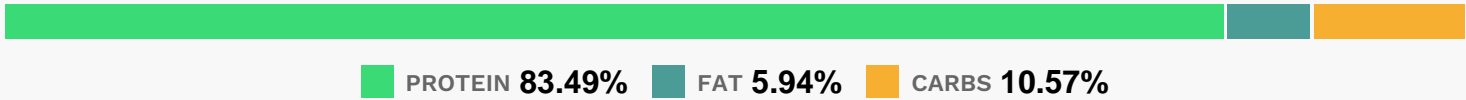
Equipment

- ☐ bowl

Directions

- ☐ Make shrimp as directed on package.
- ☐ In small bowl, mix yogurt and curry powder.
- ☐ Serve shrimp with yogurt mixture as dip.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.4721739222498%

Nutrients (% of daily need)

Calories: 28.86kcal (1.44%), Fat: 0.19g (0.29%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.62g (0.69%), Cholesterol: 33.14mg (11.05%), Sodium: 30.63mg (1.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Phosphorus: 68.78mg (6.88%), Copper: 0.08mg (4.12%), Calcium: 34.24mg (3.42%), Vitamin B2: 0.05mg (3.13%), Selenium: 1.88µg (2.69%), Zinc: 0.37mg (2.48%), Magnesium: 9.38mg (2.35%), Potassium: 81.21mg (2.32%), Vitamin B12: 0.13µg (2.19%)