



Coconut-Curry Shrimp over Rice



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 cup coconut milk



3 cups rice hot cooked



1 teaspoon curry powder



1.5 tablespoons fish sauce



1 tablespoon cilantro leaves fresh minced



1 tablespoon juice of lemon fresh



4 lemon wedges



3 tablespoons bell pepper red finely chopped

- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 1 teaspoon sugar
- ☐ 4 cups water

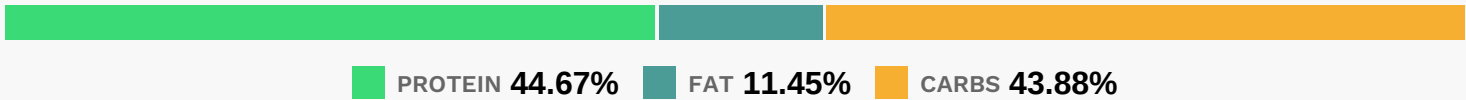
Equipment

- ☐ ziploc bags
- ☐ wok
- ☐ oven mitt

Directions

- ☐ Combine first 7 ingredients in a large zip-top plastic bag.
- ☐ Add shrimp; seal and marinate in refrigerator 30 minutes, turning the bag occasionally.
- ☐ Place the shrimp mixture in a 10-inch pie plate.
- ☐ Open a small metal vegetable steamer; place steamer upside down in a large, deep wok.
- ☐ Add water; bring to a simmer. Wearing oven mitts, carefully place pie plate on top of inverted steamer. Cover and cook 4 minutes or until shrimp are done. Wearing oven mitts, carefully remove pie plate from wok.
- ☐ Serve shrimp mixture over rice; serve with lemon wedges.
- ☐ Garnish with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:92.65, Glycemic Load:37.35, Inflammation Score:-4, Nutrition Score:12.593912894311%

Flavonoids

Eriodictyol: 4.03mg, Eriodictyol: 4.03mg, Eriodictyol: 4.03mg, Eriodictyol: 4.03mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 342.18kcal (17.11%), Fat: 4.37g (6.72%), Saturated Fat: 2.96g (18.49%), Carbohydrates: 37.67g (12.56%), Net Carbohydrates: 36.37g (13.22%), Sugar: 2.16g (2.39%), Cholesterol: 273.86mg (91.29%), Sodium: 748.13mg (32.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.35g (76.7%), Phosphorus: 435.78mg (43.58%), Copper: 0.83mg (41.62%), Manganese: 0.78mg (38.76%), Magnesium: 98.23mg (24.56%), Vitamin C: 20.18mg (24.46%), Zinc: 3.03mg (20.18%), Potassium: 592.72mg (16.93%), Calcium: 141.12mg (14.11%), Selenium: 9.68µg (13.82%), Iron: 1.93mg (10.73%), Vitamin B6: 0.18mg (9.16%), Vitamin B5: 0.55mg (5.54%), Fiber: 1.3g (5.22%), Vitamin A: 235.06IU (4.7%), Vitamin B3: 0.83mg (4.14%), Folate: 15.75µg (3.94%), Vitamin B1: 0.04mg (2.72%), Vitamin E: 0.3mg (2.02%), Vitamin B2: 0.03mg (1.83%), Vitamin K: 1.15µg (1.1%)