



## Coconut Shrimp and Rice

 Gluten Free

READY IN



27 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 cups rice
- 1 cup coconut milk canned (shake before opening)
- 1 cup chicken broth low-sodium canned
- 0.3 teaspoon pepper red crushed
- 0.3 cup cilantro leaves fresh finely chopped
- 1 clove garlic finely chopped
- 0.3 cup juice of lime fresh (from 3 limes)
- 0.5 teaspoon salt

- 12 ounces shrimp deveined peeled
- 1 tablespoon butter unsalted

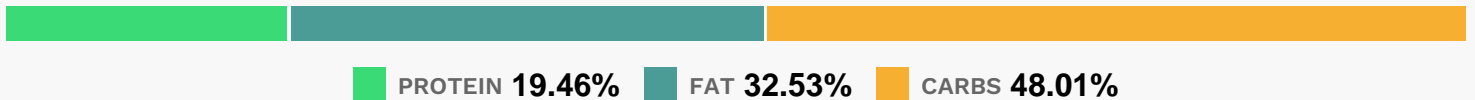
## Equipment

- frying pan
- sauce pan
- aluminum foil

## Directions

- Rinse and drain rice several times in cold water to remove excess starch. Melt butter in a large saucepan over medium-high heat.
- Add garlic, crushed red pepper and shrimp and saut until shrimp is cooked through, 3 to 4 minutes total.
- Transfer shrimp mixture to a plate and cover with foil to keep warm.
- Add rice to saucepan and cook, stirring, until fragrant and lightly toasted, about 3 minutes. Stir in broth, coconut milk, lime juice and salt, and bring to a boil over high heat. Reduce heat to low, cover pan and cook until rice is tender, 15 minutes. Stir in cilantro, and serve topped with shrimp.

## Nutrition Facts



## Properties

Glycemic Index:20.53, Glycemic Load:22.3, Inflammation Score:-2, Nutrition Score:8.6269564570292%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 335.68kcal (16.78%), Fat: 12.27g (18.87%), Saturated Fat: 9.85g (61.58%), Carbohydrates: 40.75g (13.58%), Net Carbohydrates: 39.17g (14.24%), Sugar: 1.63g (1.81%), Cholesterol: 96.3mg (32.1%), Sodium: 283.59mg (12.33%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.52g (33.03%), Manganese: 0.9mg (45.17%), Phosphorus: 229.63mg (22.96%), Copper: 0.46mg (22.85%), Selenium: 9.59µg (13.7%), Magnesium: 47.88mg (11.97%), Zinc: 1.59mg (10.63%), Potassium: 361.4mg (10.33%), Vitamin B3: 1.62mg (8.09%), Iron: 1.45mg (8.05%), Fiber: 1.58g (6.32%), Calcium: 60.93mg (6.09%), Vitamin B5: 0.56mg (5.65%), Vitamin C: 4.48mg (5.43%), Vitamin B6: 0.11mg (5.29%), Vitamin B1: 0.05mg (3.14%), Folate: 11.63µg (2.91%), Vitamin A: 133.09IU (2.66%), Vitamin K: 2.47µg (2.36%), Vitamin B2: 0.04mg (2.3%), Vitamin E: 0.24mg (1.57%)