



Coconut Shrimp and Rice Pilaf



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup rice uncooked
- ☐ 1 teaspoon brown mustard seeds
- ☐ 1 cup coconut milk
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ground coriander
- ☐ 0.8 teaspoon ground turmeric
- ☐ 0.5 onion sliced
- ☐ 0.5 teaspoon chili powder red

- ☐ 1 teaspoon salt
- ☐ 1 pound shrimp with tails on peeled
- ☐ 0.3 cup vegetable oil
- ☐ 1 cup water

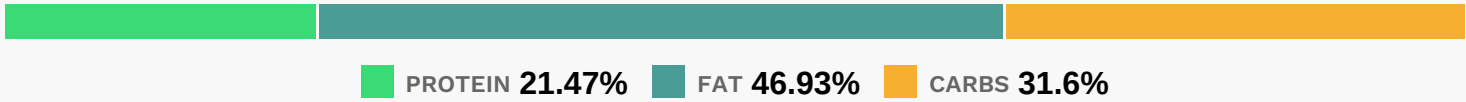
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium-high heat; add mustard seeds, and saut 1 minute or until seeds begin to pop.
- ☐ Add onion and next 4 ingredients, and saut 3 minutes.
- ☐ Add shrimp; saut 2 to 3 minutes or just until they begin to turn pink.
- ☐ Remove shrimp; cover and keep warm.
- ☐ Add rice to the pan, and saut 1 minute. Stir in water and coconut milk; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed and rice is tender.
- ☐ Serve shrimp over rice.
- ☐ Sprinkle with cilantro before serving.
- ☐ Serve Schneider Weisse or Weihenstephan Hefeweizen, traditional German beers that have notes of clove and banana and a moderate acidity to balance the sweet coconut milk.

Nutrition Facts



Properties

Glycemic Index:55.55, Glycemic Load:24.09, Inflammation Score:-10, Nutrition Score:12.462173840274%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 506.33kcal (25.32%), Fat: 26.75g (41.15%), Saturated Fat: 12.99g (81.2%), Carbohydrates: 40.54g (13.51%), Net Carbohydrates: 39.29g (14.29%), Sugar: 0.68g (0.75%), Cholesterol: 182.57mg (60.86%), Sodium: 734.36mg (31.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.54g (55.07%), Manganese: 1.04mg (52.09%), Phosphorus: 358.57mg (35.86%), Copper: 0.7mg (34.92%), Vitamin K: 28.57µg (27.21%), Magnesium: 82.32mg (20.58%), Iron: 3.16mg (17.56%), Zinc: 2.43mg (16.19%), Potassium: 523.13mg (14.95%), Calcium: 106.78mg (10.68%), Selenium: 7.31µg (10.45%), Vitamin E: 1.3mg (8.68%), Vitamin B6: 0.12mg (6.09%), Vitamin B3: 1.19mg (5.94%), Vitamin B5: 0.58mg (5.8%), Fiber: 1.24g (4.97%), Folate: 15.1µg (3.77%), Vitamin B1: 0.05mg (3.63%), Vitamin A: 141.89IU (2.84%), Vitamin C: 2.06mg (2.49%), Vitamin B2: 0.03mg (1.93%)