



Coconut Shrimp Curry



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 13.5 oz coconut milk canned
- ☐ 0.3 cup cilantro leaves
- ☐ 3 cups basmati rice cooked
- ☐ 0.5 teaspoon cumin seeds
- ☐ 0.5 teaspoon garam masala
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 teaspoon turmeric
- ☐ 1 teaspoon kosher salt

- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon paprika
- ☐ 1 pound shrimp deveined peeled

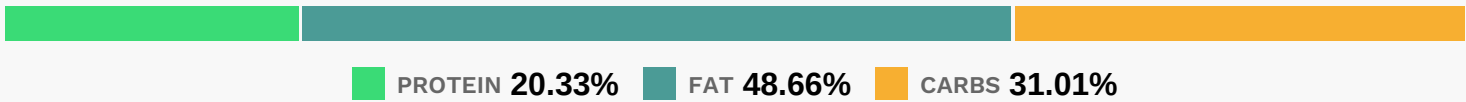
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large frying pan over medium heat. Saut onion until softened, about 2 minutes.
- ☐ Add spices, garlic, and shrimp and cook, stirring, until fragrant, about 2 minutes.
- ☐ Add coconut milk and salt; simmer 10 minutes to meld flavors.
- ☐ Spoon curry over rice on plates.
- ☐ Garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:37.09, Inflammation Score:-9, Nutrition Score:15.701739217924%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg

Nutrients (% of daily need)

Calories: 558.1kcal (27.9%), Fat: 30.89g (47.52%), Saturated Fat: 21.4g (133.74%), Carbohydrates: 44.3g (14.77%), Net Carbohydrates: 40.71g (14.8%), Sugar: 5.04g (5.6%), Cholesterol: 182.57mg (60.86%), Sodium: 735.59mg (31.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.03g (58.07%), Manganese: 1.63mg (81.46%), Phosphorus: 410.21mg (41.02%), Copper: 0.82mg (40.77%), Magnesium: 96.43mg (24.11%), Selenium: 15.64µg (22.34%), Potassium: 688.81mg (19.68%), Zinc: 2.9mg (19.31%), Iron: 2.93mg (16.29%), Fiber: 3.58g (14.34%), Vitamin

B6: 0.25mg (12.59%), Calcium: 120.63mg (12.06%), Vitamin E: 1.32mg (8.83%), Vitamin C: 7.24mg (8.78%), Vitamin K: 7.89µg (7.51%), Vitamin B5: 0.72mg (7.22%), Folate: 27.45µg (6.86%), Vitamin B3: 1.34mg (6.68%), Vitamin B1: 0.08mg (5.23%), Vitamin A: 194.95IU (3.9%), Vitamin B2: 0.04mg (2.16%)