



Creamy Coconut Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



23 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper red crushed
- 1 teaspoon curry powder
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh grated peeled
- 1 cup green onions chopped
- 13.5 ounce coconut milk light canned
- 1 lime quartered
- 1 cup bell pepper red chopped

- 1.5 cups rice long-grain uncooked
- 0.5 teaspoon salt
- 1.3 pounds shrimp deveined peeled

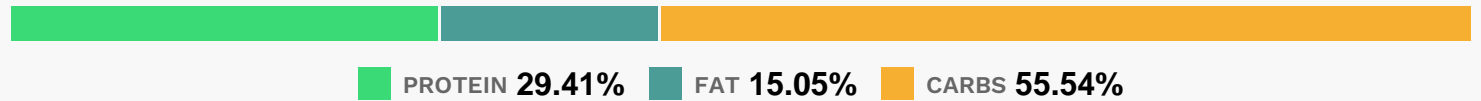
Equipment

- frying pan

Directions

- Cook rice according to package directions, omitting salt and fat.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat; add bell pepper and next 4 ingredients. Saut 2 minutes.
- Add coconut milk, shrimp, and salt; cook over medium heat 7 to 8 minutes or until shrimp are done (do not boil), stirring occasionally.
- Place 3/4 cup rice on each of 4 serving plates; spoon shrimp mixture evenly over rice. Squeeze 1 lime quarter over each serving and sprinkle with chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:52.3, Glycemic Load:34.7, Inflammation Score:-8, Nutrition Score:19.569565544958%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 479.75kcal (23.99%), Fat: 7.85g (12.08%), Saturated Fat: 6.69g (41.82%), Carbohydrates: 65.19g (21.73%), Net Carbohydrates: 62.12g (22.59%), Sugar: 2.57g (2.86%), Cholesterol: 228.21mg (76.07%), Sodium: 551.39mg (23.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.51g (69.03%), Vitamin C: 57.67mg (69.9%), Vitamin K: 57.48µg (54.74%), Manganese: 0.92mg (45.86%), Phosphorus: 408.27mg (40.83%), Copper: 0.76mg (37.83%), Vitamin A: 1533.4IU (30.67%), Magnesium: 79.91mg (19.98%), Zinc: 2.9mg (19.35%), Potassium: 641.36mg

(18.32%), Selenium: 10.86µg (15.52%), Calcium: 140.21mg (14.02%), Vitamin B6: 0.26mg (12.86%), Fiber: 3.08g (12.3%), Iron: 2.12mg (11.79%), Folate: 41.64µg (10.41%), Vitamin B5: 0.89mg (8.87%), Vitamin B3: 1.7mg (8.48%), Vitamin E: 1.03mg (6.84%), Vitamin B1: 0.09mg (6.01%), Vitamin B2: 0.09mg (5.52%)