



## Curried Coconut Shrimp

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

READY IN



**8 min.**

SERVINGS



**4**

CALORIES



**392 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 tablespoons bottled ginger fresh minced grated peeled
- 3 cups rice hot cooked
- 2 teaspoons cornstarch
- 1 teaspoon curry powder
- 1 cup coconut milk light
- 1 cup onion thinly sliced ( 1)
- 0.5 cup peas green frozen
- 1 large bell pepper red cut into 1/4-inch strips

- 0.8 teaspoon salt
- 1.5 pounds shrimp deveined peeled
- 0.5 cup water

## Equipment

- bowl
- frying pan

## Directions

- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Add shrimp; saut 1 to 2 minutes or until almost done.
- Remove shrimp from pan; keep warm.
- Add red bell pepper and onion to pan; cook over medium-high heat 5 minutes or until crisp-tender, stirring frequently.
- Combine coconut milk and cornstarch in a small bowl.
- Add cornstarch mixture, water, and next 3 ingredients to pan. Bring to a boil; simmer 1 to 2 minutes or until sauce is thickened.
- Add shrimp and peas; cook 1 minute or until thoroughly heated.
- Serve over basmati rice.

## Nutrition Facts



## Properties

Glycemic Index:58.08, Glycemic Load:38.05, Inflammation Score:-8, Nutrition Score:18.092608762824%

## Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

## Nutrients (% of daily need)

Calories: 391.57kcal (19.58%), Fat: 4.88g (7.5%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 46.07g (15.36%), Net Carbohydrates: 42.73g (15.54%), Sugar: 4.61g (5.13%), Cholesterol: 273.86mg (91.29%), Sodium: 688mg (29.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.37g (78.75%), Vitamin C: 63.03mg (76.4%), Phosphorus: 460.59mg (46.06%), Copper: 0.82mg (41.18%), Manganese: 0.82mg (41.16%), Vitamin A: 1428.1IU (28.56%), Magnesium: 92.68mg (23.17%), Zinc: 3.3mg (22%), Potassium: 710.85mg (20.31%), Vitamin B6: 0.32mg (16.14%), Calcium: 141.78mg (14.18%), Selenium: 9.61µg (13.73%), Fiber: 3.34g (13.34%), Folate: 43.19µg (10.8%), Iron: 1.84mg (10.21%), Vitamin B1: 0.12mg (7.67%), Vitamin K: 7.17µg (6.83%), Vitamin B3: 1.36mg (6.8%), Vitamin B5: 0.67mg (6.72%), Vitamin E: 0.85mg (5.68%), Vitamin B2: 0.09mg (5.19%)