



Curried Coconut Shrimp Stir-Fry

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce broccoli and cauliflower spears
- ☐ 2 teaspoons curry powder
- ☐ 1 teaspoon fish sauce
- ☐ 1 tablespoon bottled ground ginger fresh
- ☐ 1 cup coconut milk light
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 cup bell pepper red chopped
- ☐ 3.5 ounce boil-in-bag rice long-grain

- ☐ 1 tablespoon sesame oil
- ☐ 1.5 pounds shrimp deveined peeled

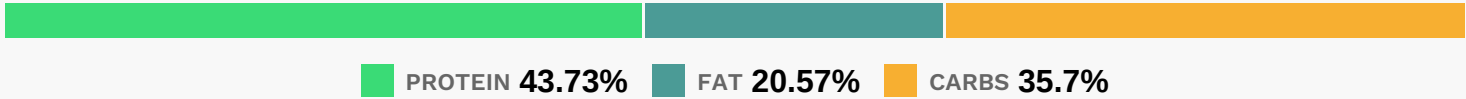
Equipment

- ☐ frying pan

Directions

- ☐ Prepare rice according to package directions.
- ☐ While rice cooks, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add ginger and curry; cook 30 seconds, stirring constantly.
- ☐ Add bell pepper, and broccoli and cauliflower spears; cook 5 minutes, stirring frequently.
- ☐ Add shrimp; cook 5 minutes or until shrimp are done, stirring frequently.
- ☐ Add coconut milk and remaining ingredients; cook 4 minutes or until sauce is slightly thick.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:32.55, Glycemic Load:13.88, Inflammation Score:-9, Nutrition Score:27.275651978086%

Flavonoids

Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 373.02kcal (18.65%), Fat: 8.63g (13.28%), Saturated Fat: 4.26g (26.59%), Carbohydrates: 33.7g (11.23%), Net Carbohydrates: 29.02g (10.55%), Sugar: 3.73g (4.14%), Cholesterol: 273.86mg (91.29%), Sodium: 976.59mg (42.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.28g (82.56%), Vitamin C: 148.96mg (180.56%), Vitamin K: 119µg (113.33%), Manganese: 1.14mg (56.8%), Phosphorus: 509.21mg (50.92%), Copper: 0.8mg (40.21%), Vitamin A: 1883.18IU (37.66%), Potassium: 1006.87mg (28.77%), Magnesium: 112.86mg (28.21%), Folate: 100.04µg (25.01%), Zinc: 3.32mg (22.15%), Vitamin B6: 0.4mg (19.91%), Fiber: 4.67g (18.69%), Calcium: 183.34mg (18.33%), Iron: 2.84mg (15.78%), Vitamin B2: 0.22mg (12.97%), Vitamin E: 1.83mg (12.23%), Selenium: 7.7µg (11%), Vitamin B5:

1.08mg (10.78%), Vitamin B3: 1.86mg (9.29%), Vitamin B1: 0.13mg (8.51%)