



Curried Coconut Shrimp with Wheat Berries

 Dairy Free

READY IN



95 min.

SERVINGS



35

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 Tbsp curry powder
- 0.5 cup baker's angel flake coconut toasted
- 1 clove garlic minced
- 0.3 tsp ground pepper red
- 1.5 Tbsp juice of lime fresh
- 13.5 oz lite coconut milk canned
- 3 Tbsp olive oil divided
- 1 medium onion chopped

- 1 tsp salt
- 1 lb shrimp deveined peeled
- 2 Tbsp sugar
- 1 cup wheat berries drained

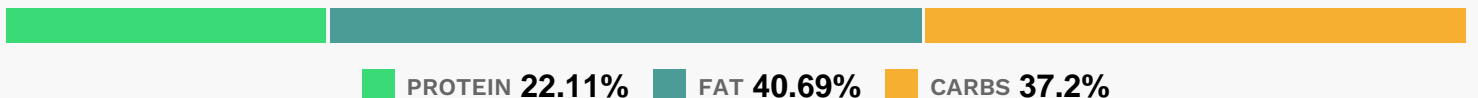
Equipment

- frying pan
- sauce pan
- ziploc bags

Directions

- Place wheat berries in medium saucepan.
- Add 1-1/2 qt. (6 cups) cold water. Bring to boil. Reduce heat to medium-low; simmer 50 minutes to 1 hour or until berries are tender.
- Drain; cover to keep warm.
- Mix sugar, curry powder, salt and ground red pepper in large resealable plastic bag.
- Add shrimp; seal bag. Shake bag gently to completely coat shrimp with the seasoning mixture. Refrigerate until ready to use.
- Heat 1 Tbsp. of the oil in large skillet.
- Add onion and garlic; cook and stir 5 minutes or until tender.
- Add wheat berries; mix lightly. Spoon onto serving platter; cover to keep warm.
- Heat remaining 2 Tbsp. oil in skillet.
- Add shrimp; cook 2 or 3 minutes or just until shrimp begin to curl and turn pink.
- Add coconut milk and lime juice; stir. Bring to boil. Reduce heat to medium-low; simmer 5 minutes or until thickened, stirring occasionally. Spoon over wheat berry mixture; sprinkle with coconut.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:0.56, Inflammation Score:-1, Nutrition Score:1.1795652314373%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 62.9kcal (3.15%), Fat: 2.89g (4.44%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 5.94g (1.98%), Net Carbohydrates: 4.83g (1.76%), Sugar: 0.93g (1.03%), Cholesterol: 20.87mg (6.96%), Sodium: 91.75mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Fiber: 1.11g (4.44%), Phosphorus: 32.35mg (3.23%), Copper: 0.06mg (3.22%), Manganese: 0.06mg (2.76%), Iron: 0.39mg (2.15%), Magnesium: 6.72mg (1.68%), Vitamin E: 0.24mg (1.62%), Potassium: 50.96mg (1.46%), Zinc: 0.22mg (1.44%), Calcium: 13.49mg (1.35%)