

Curried Polynesian Shrimp

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 lb pineapple
- ☐ 72 small olives pitted ripe
- ☐ 72 medium shrimp deveined cooked peeled
- ☐ 2 cups cream sour
- ☐ 1.5 tablespoons curry powder
- ☐ 0.3 teaspoon salt

Equipment

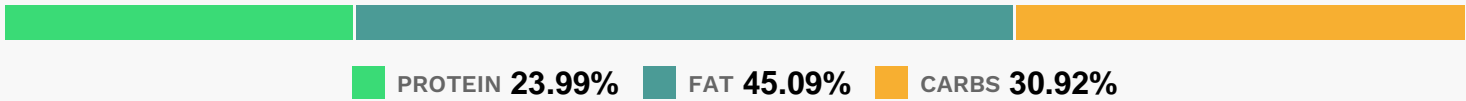
- ☐ bowl

- ☐ plastic wrap
- ☐ skewers

Directions

- ☐ Cut 1-inch slice from top of pineapple, leaving green leaves on top; set aside.
- ☐ Remove fruit from pineapple, cutting around inside edge of rind and leaving 1/2-inch wall.
- ☐ Cut fruit from core; cut pineapple into bite-size pieces.
- ☐ Place 1 olive in curve of each shrimp; skewer together with plastic pick. Skewer pineapple pieces on picks. Attach picks of shrimp and pineapple to rind of pineapple in spiral design.
- ☐ Place cup or bowl in rim of pineapple (such as a 6- or 10-ounce custard cup). In medium bowl, mix sour cream, curry powder and salt; spoon into cup. Cover with pineapple top. Arrange any remaining skewers around pineapple.
- ☐ Serve immediately, or cover completely with plastic wrap and refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:2.65, Glycemic Load:3.9, Inflammation Score:-3, Nutrition Score:5.8891304809114%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 110.42kcal (5.52%), Fat: 5.83g (8.96%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 7.68g (2.79%), Sugar: 6.31g (7.02%), Cholesterol: 59.61mg (19.87%), Sodium: 253.83mg (11.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.95%), Vitamin C: 27.32mg (33.11%), Manganese: 0.55mg (27.69%), Copper: 0.2mg (10.03%), Phosphorus: 85.09mg (8.51%), Calcium: 53.98mg (5.4%), Magnesium: 21.49mg (5.37%), Fiber: 1.31g (5.26%), Potassium: 175.79mg (5.02%), Vitamin E: 0.62mg (4.16%), Vitamin A: 203.15IU (4.06%), Vitamin B6: 0.08mg (3.97%), Zinc: 0.55mg (3.69%), Vitamin B1: 0.05mg (3.47%), Vitamin B2: 0.05mg (3.07%), Folate: 12.29µg (3.07%), Iron: 0.5mg (2.8%), Vitamin B5: 0.19mg (1.88%), Vitamin B3: 0.34mg (1.71%), Selenium: 0.94µg (1.34%), Vitamin K: 1.23µg (1.17%)