



Curried Rice with Shrimp



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 carrots thinly sliced
- ☐ 2.5 cups chicken broth
- ☐ 2 teaspoons curry powder
- ☐ 0.3 cup basil dried fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion finely chopped

- ☐ 2 baking potatoes peeled cut into 1-inch cubes
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 cup rice long-grain white uncooked

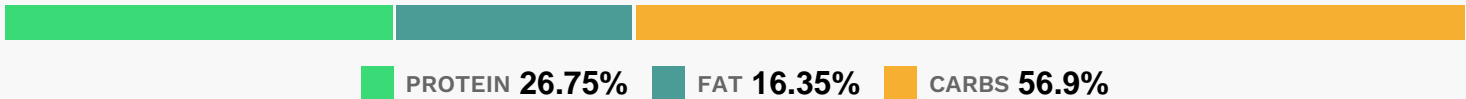
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oil in a large skillet over medium heat until hot.
- ☐ Add onion, carrots, and potatoes; cook, stirring occasionally, until they start to soften, 6 to 8 minutes. If vegetables begin to stick, add a little slosh of chicken broth to skillet.
- ☐ Add garlic and curry powder; cook, stirring until fragrant, about 2 minutes.
- ☐ Add rice, broth, and pepper. Bring to a boil. Reduce heat to medium-low, cover, and simmer for 15 minutes.
- ☐ Add shrimp; stir, cover, and cook, stirring occasionally, until shrimp are opaque and rice is tender, another 5 to 7 minutes.
- ☐ Sprinkle with basil and serve. Note: Over and over in the recipes in this book I use the phrase "in a heavy skillet." Nonstick skillets have their place, but if I could have only one pan in my entire kitchen, I would choose a big cast-iron skillet. They're amazingly versatile and cook evenly. Once you get one seasoned (smear it with Crisco, then bake for an hour at 350F), they're almost as easy to clean as nonstick. And they last forever literally whereas every nonstick pan I have ever owned eventually left me wondering how much Teflon my kids were ingesting along with their fried rice.

Nutrition Facts



Properties

Glycemic Index:71.69, Glycemic Load:39.32, Inflammation Score:-10, Nutrition Score:36.807826011077%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg

Nutrients (% of daily need)

Calories: 488.1kcal (24.4%), Fat: 9.14g (14.07%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 71.59g (23.86%), Net Carbohydrates: 62.11g (22.59%), Sugar: 4.68g (5.2%), Cholesterol: 185.51mg (61.84%), Sodium: 722.24mg (31.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.65g (67.3%), Vitamin K: 265.3µg (252.67%), Manganese: 2.42mg (120.82%), Vitamin A: 5221.46IU (104.43%), Iron: 15.81mg (87.84%), Copper: 1.03mg (51.58%), Magnesium: 193.1mg (48.28%), Calcium: 463.83mg (46.38%), Phosphorus: 428.56mg (42.86%), Potassium: 1389.18mg (39.69%), Vitamin B6: 0.76mg (37.97%), Fiber: 9.48g (37.91%), Zinc: 3.68mg (24.55%), Vitamin E: 3.14mg (20.95%), Vitamin B2: 0.35mg (20.86%), Folate: 79µg (19.75%), Vitamin B3: 3.28mg (16.4%), Vitamin C: 11.35mg (13.75%), Vitamin B1: 0.21mg (13.7%), Selenium: 9.06µg (12.94%), Vitamin B5: 1.07mg (10.68%)