



Curried Rice with Shrimp



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots chopped
- ☐ 2 teaspoons curry powder
- ☐ 0.5 cup basil fresh
- ☐ 2 cloves garlic chopped
- ☐ 4 servings salt and pepper
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion chopped
- ☐ 1.5 pounds shrimp deveined peeled

☐ 1 cup rice long-grain white

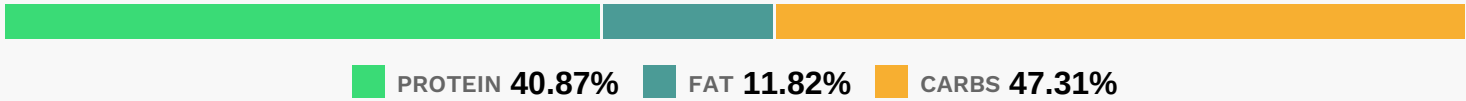
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a large skillet over medium heat.
- ☐ Add the onion and carrots and cook, stirring occasionally, until soft, 6 to 8 minutes.
- ☐ Add the garlic and curry and cook, stirring, until fragrant, 2 minutes.
- ☐ Add the rice, 2 1/2 cups water, 1/2 teaspoon salt, and 1/2 teaspoon pepper and bring to a boil. Reduce heat to medium-low, cover, and simmer for 15 minutes. Season the shrimp with 1/2 teaspoon salt and 1/4 teaspoon pepper and nestle them in the partially cooked rice. Cover and cook until the shrimp are opaque throughout, 4 to 5 minutes. Fold in the basil and serve.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:24.17, Inflammation Score:-10, Nutrition Score:17.309565233148%

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: 378.02kcal (18.9%), Fat: 4.95g (7.61%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 44.56g (14.85%), Net Carbohydrates: 42.05g (15.29%), Sugar: 3.14g (3.49%), Cholesterol: 273.86mg (91.29%), Sodium: 422.03mg (18.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.5g (77%), Vitamin A: 5264.32IU (105.29%), Phosphorus: 446.21mg (44.62%), Copper: 0.82mg (40.98%), Manganese: 0.75mg (37.71%), Magnesium: 83.35mg (20.84%), Zinc: 3mg (20.02%), Potassium: 684.96mg (19.57%), Vitamin K: 19.8µg (18.86%), Calcium: 153.46mg (15.35%), Selenium: 7.6µg (10.85%), Iron: 1.86mg (10.35%), Fiber: 2.5g (10.02%), Vitamin B6: 0.2mg (9.88%), Vitamin C: 5.7mg (6.9%), Vitamin E: 1.01mg (6.73%), Vitamin B5: 0.61mg (6.14%), Vitamin B3: 1.16mg (5.78%), Vitamin B1:

0.08mg (5.09%), Folate: 20.25µg (5.06%), Vitamin B2: 0.06mg (3.37%)