



Curried Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large baking potatoes peeled chopped
- ☐ 1 tbsp canola oil
- ☐ 2 tbsp curry powder
- ☐ 2 tbsp fish sauce
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 bell pepper green cored seeded cut into thin strips
- ☐ 1 cup lite coconut milk light
- ☐ 1 mangos cut into thin strips

- ☐ 0.5 cup onion thinly sliced
- ☐ 1.5 lb shrimp shelled deveined
- ☐ 0.5 tsp sriracha
- ☐ 1 tsp sugar

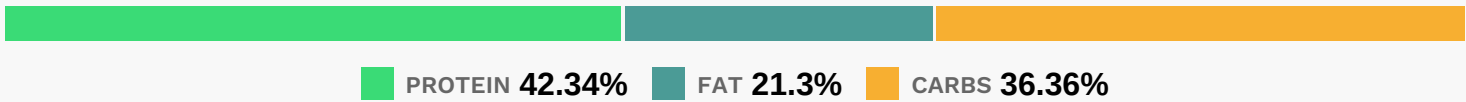
Equipment

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Sprinkle potato pieces with 1 tbsp water; microwave, covered, until fork-tender, 3 minutes.
- ☐ Heat oil and curry powder in a large skillet over medium heat. Cook onion until soft, 3 to 4 minutes. Push onion to side of skillet.
- ☐ Add shrimp; cook 2 minutes per side. Stir in potatoes and bell pepper; cook until pepper softens, 1 to 2 minutes.
- ☐ Add mango, coconut milk, fish sauce, sriracha and sugar. Simmer 2 minutes.
- ☐ Remove from heat; add basil.

Nutrition Facts



Properties

Glycemic Index:79.65, Glycemic Load:17.99, Inflammation Score:-7, Nutrition Score:18.251739336097%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 353.02kcal (17.65%), Fat: 8.49g (13.07%), Saturated Fat: 3.93g (24.55%), Carbohydrates: 32.61g (10.87%), Net Carbohydrates: 28.66g (10.42%), Sugar: 10.7g (11.89%), Cholesterol: 273.86mg (91.29%), Sodium: 974.99mg (42.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.98g (75.97%), Vitamin C: 50.71mg (61.46%), Phosphorus: 446.55mg (44.65%), Copper: 0.88mg (44.15%), Potassium: 1083.25mg (30.95%), Magnesium: 115.96mg (28.99%), Vitamin B6: 0.55mg (27.32%), Manganese: 0.47mg (23.75%), Vitamin K: 20.07µg (19.11%), Zinc: 2.83mg (18.86%), Iron: 2.97mg (16.52%), Vitamin A: 809.94IU (16.2%), Fiber: 3.95g (15.81%), Calcium: 156.65mg (15.66%), Folate: 52.78µg (13.19%), Vitamin E: 1.91mg (12.74%), Vitamin B3: 1.8mg (9.02%), Vitamin B1: 0.13mg (8.42%), Vitamin B2: 0.08mg (4.71%), Vitamin B5: 0.45mg (4.49%), Selenium: 2.15µg (3.07%)