



Curried Shrimp with Peanuts

READY IN



25 min.

SERVINGS



6

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.8 cup chicken broth
- ☐ 2 teaspoons curry powder
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon ginger fresh grated
- ☐ 0.5 jalapeno seeded chopped
- ☐ 0.3 cup catsup
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons juice of lime fresh

- ☐ 0.8 cup milk
- ☐ 6 servings toppings: cocktail peanuts salted unsweetened flaked toasted
- ☐ 2.5 pounds shrimp raw deveined peeled

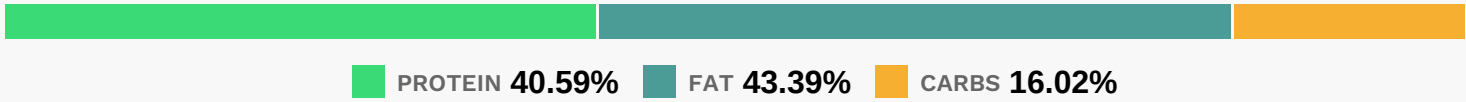
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt butter in a heavy saucepan over low heat; whisk in flour and curry powder until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in milk, next 4 ingredients, and, if desired, dried crushed red pepper. Increase heat to medium, and cook, whisking constantly, 5 to 6 minutes or until mixture is thickened and bubbly. Stir in shrimp, lime juice, and salt. Reduce heat to medium-low, and cook, stirring often, 5 minutes or just until shrimp turn pink.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:35.83, Glycemic Load:1.28, Inflammation Score:-5, Nutrition Score:17.324782734332%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 275.58kcal (13.78%), Fat: 13.32g (20.49%), Saturated Fat: 8.93g (55.82%), Carbohydrates: 11.06g (3.69%), Net Carbohydrates: 9.07g (3.3%), Sugar: 5.29g (5.88%), Cholesterol: 252.42mg (84.14%), Sodium: 1442.42mg (62.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.03g (56.06%), Selenium: 59.18µg (84.55%), Phosphorus: 522.93mg (52.29%), Vitamin B12: 2.28µg (37.94%), Copper: 0.45mg (22.53%), Vitamin E: 3.06mg (20.43%), Manganese: 0.4mg (19.94%), Vitamin B6: 0.39mg (19.49%), Vitamin B3: 3.83mg (19.16%), Calcium: 150.46mg (15.05%), Zinc: 2.25mg (15%), Magnesium: 59.14mg (14.79%), Vitamin A: 595.2IU (11.9%), Potassium:

378.82mg (10.82%), Folate: 42.07µg (10.52%), Vitamin B5: 0.81mg (8.07%), Fiber: 1.99g (7.95%), Vitamin B2: 0.13mg (7.71%), Iron: 1.06mg (5.91%), Vitamin B1: 0.08mg (5.43%), Vitamin D: 0.52µg (3.5%), Vitamin C: 2.71mg (3.29%), Vitamin K: 2.31µg (2.2%)