



Curry-Coconut Shrimp



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups brown rice cooked
- ☐ 1 teaspoon curry powder
- ☐ 1.5 tablespoons fish sauce
- ☐ 1 tablespoon cilantro leaves fresh minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 lemon wedges for serving
- ☐ 3 tablespoons bell pepper red seeded finely chopped
- ☐ 1.5 pounds shrimp deveined peeled

- ☐ 1 teaspoon sugar
- ☐ 0.3 cup coconut milk unsweetened

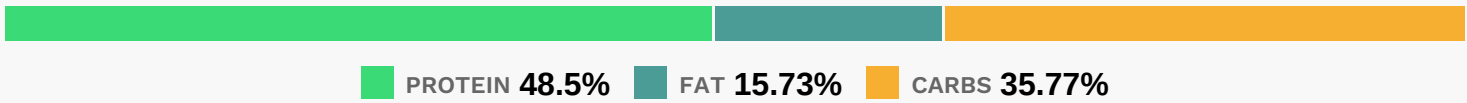
Equipment

- ☐ pot
- ☐ oven mitt

Directions

- ☐ Combine the coconut milk, fish sauce, lemon juice, bell pepper, minced cilantro, sugar, and curry powder in a 10-inch glass pie plate.
- ☐ Add the shrimp, cover, and marinate in the refrigerator for 30 minutes.
- ☐ Bring water to a boil over high heat in a covered steamer or pot large enough to hold the pie plate. Wearing oven mitts, carefully place the pie plate into the steamer. Cover, lower the heat to medium, and steam for 4 to 6 minutes, or until the shrimp are just cooked through.
- ☐ Using oven mitts, carefully lift the lid of the steamer away from you, and remove the pie plate from the steamer.
- ☐ Serve the shrimp over the brown rice.
- ☐ Garnish with the lemon wedges and cilantro sprigs, if using.
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Nutrition Facts



Properties

Glycemic Index:54.2, Glycemic Load:12.14, Inflammation Score:-5, Nutrition Score:14.361739156039%

Flavonoids

Eriodictyol: 4.03mg, Eriodictyol: 4.03mg, Eriodictyol: 4.03mg, Eriodictyol: 4.03mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

0.09mg, Myricetin: 0.09mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 304kcal (15.2%), Fat: 5.4g (8.31%), Saturated Fat: 3.52g (22.01%), Carbohydrates: 27.65g (9.22%), Net Carbohydrates: 24.73g (8.99%), Sugar: 2.6g (2.89%), Cholesterol: 273.86mg (91.29%), Sodium: 736.51mg (32.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.48g (74.96%), Manganese: 1.31mg (65.72%), Phosphorus: 461.34mg (46.13%), Copper: 0.8mg (40.01%), Magnesium: 123.59mg (30.9%), Vitamin C: 20.46mg (24.8%), Zinc: 3.05mg (20.33%), Potassium: 636.65mg (18.19%), Calcium: 131.77mg (13.18%), Fiber: 2.92g (11.66%), Iron: 1.99mg (11.06%), Vitamin B6: 0.22mg (10.96%), Vitamin B3: 1.67mg (8.37%), Vitamin B1: 0.12mg (7.82%), Vitamin B5: 0.48mg (4.79%), Vitamin A: 235.06IU (4.7%), Folate: 16.51µg (4.13%), Selenium: 1.72µg (2.46%), Vitamin E: 0.28mg (1.85%), Vitamin B2: 0.03mg (1.61%), Vitamin K: 1.17µg (1.11%)