



## Curry-Ginger Shrimp

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 ounce baby spinach fresh
- 0.3 cup butter divided
- 6 cups rice hot cooked
- 1 tablespoon curry powder
- 0.3 cup cooking wine dry white
- 2 tablespoons ginger fresh minced
- 6 large to 8 garlic cloves minced
- 4 green onions chopped

- 0.5 teaspoon hot sauce
- 0.3 cup vegetable oil; peanut oil preferred divided
- 0.3 teaspoon pepper
- 0.8 cup port wine divided
- 2 teaspoons red wine vinegar
- 1 teaspoon salt divided
- 3 pounds shrimp fresh unpeeled
- 1 cup water
- 0.5 cup whipping cream

## Equipment

- frying pan

## Directions

- Peel shrimp, and devein, if desired, reserving shells; set shrimp aside. Bring shells and 1 cup water to a boil in a skillet over medium-high heat; boil 20 minutes. Strain stock, reserving 1/2 cup; discard remaining stock and shells.
- Bring 1/3 cup port wine, garlic, ginger, and vinegar to a boil in a skillet over medium-high heat; boil 5 to 7 minutes or until reduced to 2 tablespoons. Set aside.
- Melt 2 tablespoons butter with 2 tablespoons oil in a large skillet over medium-high heat.
- Add shrimp, 1/2 teaspoon salt, and pepper; saut 6 to 8 minutes or just until shrimp turn pink.
- Remove from skillet, and keep warm.
- Add green onions, curry, and hot sauce to skillet; saut over medium-high heat 1 minute. Stir in shrimp stock, remaining port wine, and white wine; cook 8 minutes or until reduced by half. Stir in cream; cook 4 minutes or until reduced by half. Stir in reserved 2 tablespoons wine reduction and remaining butter.
- Add shrimp; cook until heated.
- Saut spinach in remaining hot oil 1 minute; sprinkle with remaining salt.
- Serve with shrimp mixture and hot cooked rice.

## Nutrition Facts

PROTEIN 31.92% FAT 35.27% CARBS 32.81%

## Properties

Glycemic Index:33.75, Glycemic Load:36.42, Inflammation Score:-10, Nutrition Score:23.016086604284%

## Flavonoids

Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg Malvidin: 21.34mg, Malvidin: 21.34mg, Malvidin: 21.34mg, Malvidin: 21.34mg Peonidin: 0.88mg, Peonidin: 0.88mg, Peonidin: 0.88mg, Peonidin: 0.88mg Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 1.74mg, Epicatechin: 1.74mg, Epicatechin: 1.74mg, Epicatechin: 1.74mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

## Nutrients (% of daily need)

Calories: 519.71kcal (25.99%), Fat: 19.31g (29.71%), Saturated Fat: 6.06g (37.86%), Carbohydrates: 40.41g (13.47%), Net Carbohydrates: 38.65g (14.06%), Sugar: 2.68g (2.98%), Cholesterol: 290.67mg (96.89%), Sodium: 605.75mg (26.34%), Alcohol: 4.22g (100%), Alcohol %: 1.26% (100%), Protein: 39.32g (78.63%), Vitamin K: 185.03µg (176.22%), Vitamin A: 3863.49IU (77.27%), Manganese: 1.06mg (53.09%), Phosphorus: 455.06mg (45.51%), Copper: 0.83mg (41.64%), Magnesium: 110.67mg (27.67%), Potassium: 777.56mg (22.22%), Zinc: 3.2mg (21.33%), Folate: 78.32µg (19.58%), Calcium: 183.91mg (18.39%), Vitamin E: 2.39mg (15.92%), Vitamin C: 12.26mg (14.86%), Selenium: 10.31µg (14.73%), Iron: 2.55mg (14.15%), Vitamin B6: 0.23mg (11.62%), Vitamin B2: 0.13mg (7.56%), Fiber: 1.76g (7.03%), Vitamin B5: 0.56mg (5.62%), Vitamin B1: 0.07mg (4.65%), Vitamin B3: 0.89mg (4.43%), Vitamin D: 0.24µg (1.59%)