



Curry-Spiced Shrimp

 Gluten Free

READY IN



29 min.

SERVINGS



6

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon madras curry powder
- 2 tablespoons cilantro leaves fresh chopped
- 4 garlic cloves minced
- 4 green onions minced
- 0.3 teaspoon kosher salt
- 1 teaspoon juice of lemon fresh
- 1 teaspoon brown sugar light
- 3 tablespoons oil divided

- 1 tablespoon curry paste red
- 1.5 pounds shrimp
- 2 tablespoons butter unsalted
- 6 servings cilantro-yogurt chutney

Equipment

- bowl
- frying pan
- kitchen scissors

Directions

- Devein shrimp with small kitchen scissors, but do not peel. Pat dry.
- Combine curry powder and next 3 ingredients in a small bowl; set aside.
- Heat 1 tablespoon oil in a large heavy skillet. Sear half of shrimp on both sides until shells turn crisp and orange.
- Remove from pan, and set aside. Repeat with 1 tablespoon oil and remaining shrimp.
- Heat remaining 1 tablespoon oil in skillet over medium-high heat. Saut garlic and green onions 30 seconds. Stir in reserved curry powder mixture, and saut 1 minute or until fragrant.
- Add shrimp, butter, lemon juice, and cilantro. Cook, stirring constantly, until butter melts and seasoning coats shrimp.
- Serve with Cilantro-Yogurt Chutney.

Nutrition Facts



PROTEIN 44.77% **FAT 50.54%** **CARBS 4.69%**

Properties

Glycemic Index:19.67, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:6.6813043342984%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg,

Naringenin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 204.58kcal (10.23%), Fat: 11.65g (17.93%), Saturated Fat: 3.14g (19.61%), Carbohydrates: 2.43g (0.81%), Net Carbohydrates: 1.97g (0.72%), Sugar: 1.11g (1.23%), Cholesterol: 192.73mg (64.24%), Sodium: 234.91mg (10.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.23g (46.45%), Phosphorus: 252.08mg (25.21%), Copper: 0.46mg (23.02%), Vitamin K: 22.66µg (21.58%), Vitamin A: 603.63IU (12.07%), Magnesium: 43mg (10.75%), Zinc: 1.6mg (10.66%), Vitamin E: 1.46mg (9.72%), Potassium: 339.74mg (9.71%), Calcium: 90.13mg (9.01%), Iron: 0.92mg (5.09%), Manganese: 0.1mg (4.98%), Vitamin C: 2.74mg (3.32%), Fiber: 0.46g (1.84%), Vitamin B6: 0.03mg (1.74%), Folate: 6.16µg (1.54%)