



Dinner Tonight: Goan Shrimp Curry



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 4 servings basmati rice cooked
- ☐ 1.5 teaspoons coriander seeds
- ☐ 1 teaspoon cumin seeds
- ☐ 1 piece ginger fresh peeled chopped
- ☐ 4 garlic clove chopped
- ☐ 2 jalapeno halved lengthwise seeded cut into half-moons
- ☐ 1 tablespoon cooking oil neutral

- ☐ 1 small onion cut into 1/4-inch dice
- ☐ 3 chilies dried red
- ☐ 4 servings salt
- ☐ 1 pound shrimp shelled deveined
- ☐ 1 teaspoon tamarind paste fresh
- ☐ 0.3 cup coconut flakes dried unsweetened

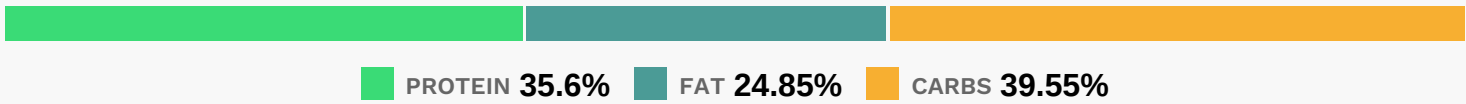
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ In a medium skillet, combine chiles, coconut, coriander, and cumin over high heat. Toast, stirring and shaking constantly, until coconut begins to brown, about one minute.
- ☐ Transfer to a blender with ginger, garlic, tamarind, and 1/2 cup of water. Blend until completely pureed.
- ☐ Add oil to skillet and heat over high heat until shimmering.
- ☐ Add onion and jalapeños and cook until onion is golden, 2-3 minutes.
- ☐ Add puree and bring mixture to a boil. Simmer 10 minutes to combine flavors, adding a little water if necessary to create a smooth sauce.
- ☐ Add shrimp and simmer until just cooked through, about 2 minutes. Season sauce with salt and vinegar, if needed.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:80.75, Glycemic Load:25.35, Inflammation Score:-3, Nutrition Score:9.9595650589984%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 290.29kcal (14.51%), Fat: 8.08g (12.42%), Saturated Fat: 3.52g (21.97%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 26.59g (9.67%), Sugar: 2.38g (2.64%), Cholesterol: 182.57mg (60.86%), Sodium: 335.26mg (14.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.03g (52.07%), Manganese: 0.68mg (34.17%), Phosphorus: 308.1mg (30.81%), Copper: 0.58mg (28.88%), Magnesium: 64.69mg (16.17%), Zinc: 2.16mg (14.4%), Vitamin C: 11.08mg (13.42%), Potassium: 457.29mg (13.07%), Selenium: 7.72µg (11.03%), Calcium: 104.25mg (10.42%), Fiber: 2.34g (9.35%), Vitamin B6: 0.19mg (9.31%), Iron: 1.57mg (8.75%), Vitamin E: 0.96mg (6.39%), Vitamin B5: 0.42mg (4.22%), Vitamin K: 4.41µg (4.2%), Vitamin A: 182.29IU (3.65%), Vitamin B1: 0.05mg (3.27%), Vitamin B3: 0.6mg (2.99%), Vitamin B2: 0.04mg (2.36%), Folate: 8.83µg (2.21%)