



Dinner Tonight: Red Curry Shrimp with Basil



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 basil
- ☐ 2 tablespoons cooking oil neutral
- ☐ 2 tablespoons curry paste red
- ☐ 20 medium shrimp deveined peeled

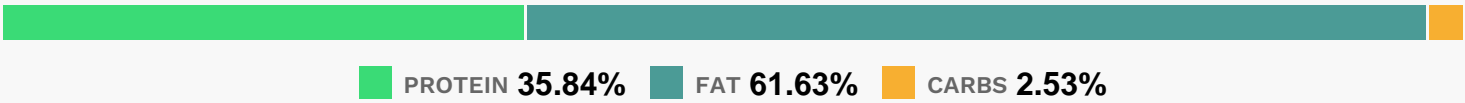
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ skewers

Directions

- ☐ In a medium bowl, combine the curry paste and oil to make a marinade. Toss with the shrimp to thoroughly coat.
- ☐ In the meantime, preheat a boiler over high heat. Arrange shrimp on a baking sheet. Broil on one side until cooked through, 2-3 minutes.
- ☐ Thread shrimp on skewers with basil leaves, or simply toss them together and serve with white rice.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:4.0660869779632%

Nutrients (% of daily need)

Calories: 113.46kcal (5.67%), Fat: 7.82g (12.02%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.54g (0.6%), Cholesterol: 80.5mg (26.83%), Sodium: 59.72mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.45%), Vitamin A: 1286.75IU (25.74%), Vitamin K: 13.29µg (12.66%), Phosphorus: 108.12mg (10.81%), Copper: 0.2mg (10.16%), Vitamin E: 1.24mg (8.27%), Magnesium: 18.78mg (4.7%), Calcium: 46.04mg (4.6%), Zinc: 0.69mg (4.57%), Potassium: 137.9mg (3.94%), Iron: 0.52mg (2.88%), Manganese: 0.04mg (1.97%), Fiber: 0.31g (1.24%), Vitamin C: 0.99mg (1.2%)