



## Home-Style Shrimp Curry

 Gluten Free

READY IN



46 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup rice rinsed
- 14.5 ounce canned tomatoes diced canned
- 2 teaspoons curry powder madras-style
- 0.3 cup cilantro leaves fresh chopped
- 3 cloves garlic
- 1 piece ginger peeled
- 4 servings kosher salt
- 1 to 2 serrano chile peppers halved for less heat (remove seeds )

- 1 pound shrimp deveined peeled
- 3.5 tablespoons vegetable oil
- 1 medium onion white quartered
- 0.5 cup yogurt plain whole low-fat

## Equipment

- food processor
- frying pan
- sauce pan
- dutch oven

## Directions

- Combine the rice, 1 1/3 cups water, 1 teaspoon curry powder, 1/4 teaspoon salt and 1/2 tablespoon oil in a saucepan. Cover and cook, undisturbed, over medium-low heat, about 15 minutes; keep warm.
- Meanwhile, chop the onion in a food processor, drain the excess liquid and set the onion aside. Mince the garlic and ginger in the processor and set aside, then puree the tomatoes with 1 cup water.
- Heat the remaining 3 tablespoons oil in a Dutch oven or deep skillet over medium-high heat.
- Add the onion and cook until golden, about 12 minutes.
- Add the garlic-ginger mixture, chiles, 1 teaspoon salt and the remaining 1 teaspoon curry powder and stir-fry until slightly browned, about 3 minutes.
- Add the tomato puree and simmer until thickened, about 8 minutes.
- Add the shrimp, cover and cook over medium-low heat until the shrimp are firm, 3 to 4 minutes.
- Remove from the heat, then stir in the yogurt and half the cilantro.
- Serve with the rice and garnish with the remaining cilantro.
- Photograph by Antonis Achilleos

## Nutrition Facts



■ PROTEIN 26.37% ■ FAT 28.7% ■ CARBS 44.93%

## Properties

Glycemic Index:56.8, Glycemic Load:25.47, Inflammation Score:-5, Nutrition Score:16.266956405147%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg

## Nutrients (% of daily need)

Calories: 441.75kcal (22.09%), Fat: 14.27g (21.95%), Saturated Fat: 2.74g (17.1%), Carbohydrates: 50.25g (16.75%), Net Carbohydrates: 46.72g (16.99%), Sugar: 7.32g (8.13%), Cholesterol: 186.55mg (62.18%), Sodium: 483.78mg (21.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.5g (58.99%), Manganese: 0.86mg (42.94%), Copper: 0.77mg (38.53%), Phosphorus: 374.58mg (37.46%), Vitamin K: 32.9µg (31.33%), Potassium: 784.56mg (22.42%), Magnesium: 82.77mg (20.69%), Calcium: 174.16mg (17.42%), Zinc: 2.61mg (17.41%), Vitamin E: 2.6mg (17.35%), Vitamin C: 13.58mg (16.46%), Vitamin B6: 0.32mg (16.23%), Iron: 2.75mg (15.3%), Fiber: 3.53g (14.11%), Selenium: 8.93µg (12.76%), Vitamin B3: 2.15mg (10.76%), Vitamin B5: 0.94mg (9.35%), Vitamin B1: 0.14mg (9.34%), Vitamin B2: 0.14mg (8.02%), Vitamin A: 365.91IU (7.32%), Folate: 27.4µg (6.85%), Vitamin B12: 0.11µg (1.89%)