



Indian Curried Shrimp



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups rice long-grain hot cooked
- ☐ 0.5 teaspoon curry powder
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 jalapeno minced seeded
- ☐ 1 cup coconut milk light
- ☐ 0.8 cup onion finely chopped
- ☐ 0.5 cup peas green frozen
- ☐ 0.5 teaspoon salt

- ☐ 1.3 pounds shrimp deveined peeled
- ☐ 0.5 teaspoon sugar

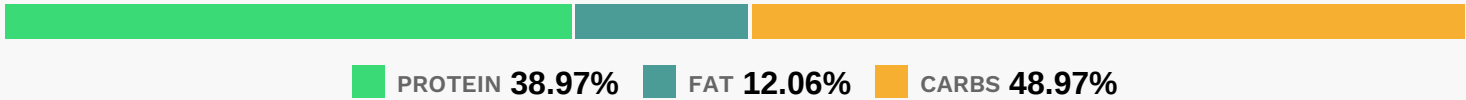
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium– high heat.
- ☐ Add onion and jalapeo pepper. Coat vegetables with cooking spray; saut 4 minutes.
- ☐ Add shrimp, ginger, and curry powder; saut 3 minutes.
- ☐ Add coconut milk and next 3 ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 3 minutes or until shrimp are done.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:71.86, Glycemic Load:37.56, Inflammation Score:-4, Nutrition Score:11.726521688959%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 347.8kcal (17.39%), Fat: 4.55g (7%), Saturated Fat: 3.61g (22.56%), Carbohydrates: 41.57g (13.86%), Net Carbohydrates: 39.35g (14.31%), Sugar: 2.95g (3.28%), Cholesterol: 228.21mg (76.07%), Sodium: 504.64mg (21.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.08g (66.17%), Manganese: 0.9mg (44.94%), Phosphorus: 384.74mg (38.47%), Copper: 0.69mg (34.26%), Magnesium: 74.79mg (18.7%), Zinc: 2.79mg (18.58%), Potassium: 518.58mg (14.82%), Vitamin C: 11.58mg (14.03%), Selenium: 9.7µg (13.85%), Calcium: 116.16mg (11.62%), Vitamin B6: 0.19mg (9.51%), Fiber: 2.22g (8.88%), Iron: 1.48mg (8.24%), Vitamin B1: 0.09mg (5.82%), Folate: 21.96µg (5.49%), Vitamin B5: 0.53mg (5.26%), Vitamin K: 5.19µg (4.94%), Vitamin B3: 0.97mg (4.83%), Vitamin A: 160.74IU (3.21%), Vitamin B2: 0.05mg (2.96%), Vitamin E: 0.19mg (1.3%)