



Indian Shrimp Curry



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce coconut milk canned
- ☐ 14.5 ounce canned tomatoes chopped canned
- ☐ 0.5 teaspoon chili powder
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon ground ginger
- ☐ 1.5 teaspoons ground turmeric

- ☐ 1 teaspoon paprika
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 1 teaspoon salt
- ☐ 1 pound shrimp cooked peeled
- ☐ 0.5 onion sweet minced

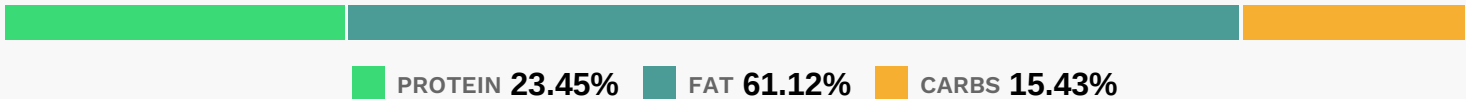
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large skillet over medium heat; cook the onion in the hot oil until translucent, about 5 minutes.
- ☐ Remove the skillet from the heat and allow it to cool slightly, about 2 minutes.
- ☐ Add the garlic, ginger, cumin, turmeric, paprika, and chili powder to the onion and stir over low heat.
- ☐ Pour the tomatoes and coconut milk into the skillet; season with salt. Cook the mixture at a simmer, stirring occasionally, about 10 minutes. Stir the shrimp, fresh cilantro, and dried cilantro into the sauce mixture; cook another 1 minute before serving.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:2.28, Inflammation Score:-10, Nutrition Score:17.894782771235%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 443.21kcal (22.16%), Fat: 31.83g (48.97%), Saturated Fat: 22.34g (139.61%), Carbohydrates: 18.08g (6.03%), Net Carbohydrates: 12.99g (4.72%), Sugar: 10.05g (11.17%), Cholesterol: 182.57mg (60.86%), Sodium: 876.21mg (38.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.48g (54.96%), Manganese: 1.45mg (72.37%), Copper: 0.94mg (47.06%), Phosphorus: 396.01mg (39.6%), Potassium: 968.6mg (27.67%), Magnesium: 106.73mg (26.68%), Iron: 4.59mg (25.48%), Fiber: 5.09g (20.35%), Vitamin E: 2.83mg (18.85%), Vitamin C: 14.98mg (18.16%), Zinc: 2.64mg (17.62%), Vitamin B6: 0.29mg (14.72%), Calcium: 143.44mg (14.34%), Vitamin B3: 2.27mg (11.33%), Vitamin A: 561.89IU (11.24%), Selenium: 7.61µg (10.88%), Folate: 39.64µg (9.91%), Vitamin B1: 0.13mg (8.65%), Vitamin K: 7.16µg (6.82%), Vitamin B5: 0.54mg (5.35%), Vitamin B2: 0.08mg (4.5%)