

Indian Shrimp Curry

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 curry leaves fresh
- 5 garlic clove finely chopped
- 1 tablespoon ginger peeled finely chopped
- 1 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 0.3 teaspoon turmeric
- 1 teaspoon mustard seeds whole
- 1 medium onion chopped

- 6 servings rice white
- 6 serrano chiles fresh (2 ounces total)
- 2 pounds shrimp deveined peeled
- 1 pound tomatoes chopped
- 2.5 ounces coconut flakes fresh unsweetened finely grated for how to extract meat from coconut (1 cup; visit gourmet.com)
- 2 tablespoons vegetable oil

Equipment

- frying pan

Directions

- Quarter chiles lengthwise (seed and devein if you want less heat). Cook chiles, curry leaves, garlic, and ginger in oil in a 12-inch heavy skillet over medium-high heat, stirring, until very fragrant and chiles are just softened, 1 to 2 minutes.
- Reduce heat to medium and add spices, 1 teaspoon salt, and 1/2 teaspoon pepper. Cook, stirring, until mustard seeds just begin to pop, 1 to 2 minutes.
- Add onion and cook, stirring occasionally, until softened, about 4 minutes.
- Add tomatoes and coconut, then cook, covered, until tomatoes are softened, 4 to 6 minutes.
- Add shrimp and cook, uncovered, stirring, until just cooked through, 3 to 4 minutes. Season with salt and pepper.
- Nutrition Data
- See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:30.2, Glycemic Load:1.9, Inflammation Score:-9, Nutrition Score:24.486956316492%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 283.98kcal (14.2%), Fat: 13.45g (20.7%), Saturated Fat: 7.66g (47.88%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 6.65g (2.42%), Sugar: 3.95g (4.39%), Cholesterol: 243.43mg (81.14%), Sodium: 190.53mg (8.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.74g (65.47%), Vitamin B3: 39.05mg (195.26%), Folate: 410.08µg (102.52%), Vitamin C: 82.23mg (99.67%), Phosphorus: 386.64mg (38.66%), Copper: 0.77mg (38.36%), Manganese: 0.58mg (29.19%), Potassium: 716.55mg (20.47%), Magnesium: 80.85mg (20.21%), Zinc: 2.54mg (16.96%), Vitamin A: 814.82IU (16.3%), Fiber: 3.8g (15.19%), Vitamin K: 15.22µg (14.49%), Calcium: 136.5mg (13.65%), Iron: 1.79mg (9.96%), Vitamin B6: 0.19mg (9.35%), Vitamin E: 0.92mg (6.1%), Selenium: 3.96µg (5.65%), Vitamin B1: 0.06mg (4%), Vitamin B2: 0.05mg (2.71%), Vitamin B5: 0.23mg (2.28%)