



Indian Shrimp Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 1 cup bell pepper strips red
- ☐ 3 cups rice hot cooked
- ☐ 1.5 tablespoons cornstarch
- ☐ 1 tablespoon curry powder
- ☐ 2 garlic cloves minced
- ☐ 1 cup green onions diagonally sliced
- ☐ 0.5 teaspoon ground coriander

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 cup coconut milk light
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1.5 tablespoons olive oil divided
- ☐ 0.3 cup orange juice
- ☐ 0.3 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 0.3 cup coconut or shredded sweetened

Equipment

- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Combine shrimp, 1 tablespoon oil, curry powder, coriander, and ground red pepper; set aside.
- ☐ Combine 1 1/2 teaspoons oil, bell pepper, onions, and garlic in a 1-quart glass measure. Cover with plastic wrap; microwave at HIGH 2 minutes, stirring after 1 minute. Set aside.
- ☐ Combine coconut milk and next 5 ingredients (coconut milk through salt) in an 8-inch square baking dish; stir with a whisk. Microwave at HIGH 4 minutes or until thick, stirring after 2 minutes.
- ☐ Stir in shrimp mixture and bell pepper mixture. Cover and microwave at HIGH for 8 minutes or until shrimp are done, stirring after 4 minutes. Stir in the raisins.
- ☐ Sprinkle with almonds and coconut.
- ☐ Serve with rice. Yield 6 servings (serving size: 2/3 cup shrimp mixture and 1/2 cup rice).

Nutrition Facts



Properties

Glycemic Index:60.13, Glycemic Load:27.72, Inflammation Score:-7, Nutrition Score:15.686521799668%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 348.31kcal (17.42%), Fat: 10.13g (15.58%), Saturated Fat: 4.27g (26.69%), Carbohydrates: 37.66g (12.55%), Net Carbohydrates: 34.81g (12.66%), Sugar: 4.19g (4.66%), Cholesterol: 182.57mg (60.86%), Sodium: 372.79mg (16.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.1g (54.19%), Vitamin C: 40.97mg (49.65%), Manganese: 0.8mg (39.77%), Vitamin K: 38.93µg (37.07%), Phosphorus: 328.92mg (32.89%), Copper: 0.61mg (30.31%), Vitamin A: 1009.08IU (20.18%), Magnesium: 76.38mg (19.1%), Potassium: 571.6mg (16.33%), Zinc: 2.33mg (15.52%), Vitamin E: 2.28mg (15.17%), Calcium: 116.94mg (11.69%), Fiber: 2.86g (11.42%), Vitamin B6: 0.22mg (10.9%), Iron: 1.94mg (10.77%), Selenium: 7.41µg (10.58%), Folate: 32.58µg (8.15%), Vitamin B2: 0.12mg (6.77%), Vitamin B3: 1.01mg (5.05%), Vitamin B5: 0.48mg (4.82%), Vitamin B1: 0.07mg (4.65%)