



Indian-Spiced Shrimp

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cilantro leaves fresh loosely packed chopped
- ☐ 1 teaspoon ginger fresh finely grated peeled
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon jalapeño fresh minced
- ☐ 1 medium onion halved lengthwise thinly sliced lengthwise
- ☐ 0.8 teaspoon salt

- ☐ 1 lb shrimp in shell deveined peeled per lb), and
- ☐ 1 lb tomatoes cut into 1/2-inch pieces (3 medium)
- ☐ 0.1 teaspoon turmeric
- ☐ 2 tablespoons vegetable oil

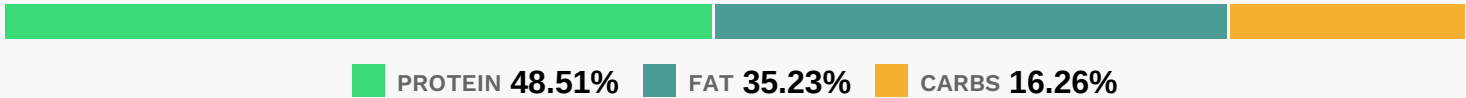
Equipment

- ☐ frying pan

Directions

- ☐ Cook onion in oil in a 12-inch heavy skillet over moderate heat, stirring occasionally, until golden, 6 to 8 minutes.
- ☐ Add jalapeño, garlic, and ginger and cook, stirring, until jalapeño is softened and garlic is golden, about 1 minute.
- ☐ Add cumin, coriander, salt, and turmeric (if using) and cook, stirring, until fragrant, about 1 minute.
- ☐ Add tomatoes and cook, stirring occasionally, until tomatoes break down and sauce is thickened, 3 to 5 minutes.
- ☐ Add shrimp and cook, turning occasionally, until just cooked through, about 3 minutes.
- ☐ Remove skillet from heat and stir in half of cilantro.
- ☐ Serve sprinkled with remaining cilantro.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:1.87, Inflammation Score:-8, Nutrition Score:11.10826092181%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 7.5mg, Quercetin: 7.5mg,

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Nutrients (% of daily need)

Calories: 194.56kcal (9.73%), Fat: 7.87g (12.11%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 5.88g (2.14%), Sugar: 4.35g (4.83%), Cholesterol: 182.57mg (60.86%), Sodium: 580mg (25.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.38g (48.77%), Phosphorus: 285.82mg (28.58%), Vitamin C: 22.98mg (27.85%), Vitamin K: 28.52µg (27.16%), Copper: 0.54mg (27.03%), Vitamin A: 1126.96IU (22.54%), Potassium: 650.02mg (18.57%), Magnesium: 60.01mg (15%), Manganese: 0.26mg (13.01%), Zinc: 1.84mg (12.24%), Calcium: 102.05mg (10.21%), Vitamin E: 1.38mg (9.19%), Fiber: 2.29g (9.16%), Iron: 1.46mg (8.1%), Vitamin B6: 0.16mg (7.79%), Folate: 24.64µg (6.16%), Vitamin B1: 0.06mg (4.23%), Vitamin B3: 0.82mg (4.11%), Vitamin B2: 0.04mg (2.3%), Vitamin B5: 0.16mg (1.63%)