



Indian-Style Shrimp with Yogurt Sauce

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons bottled garlic minced
- 2 teaspoons canola oil
- 2 tablespoons cilantro leaves fresh chopped
- 1.5 teaspoons garam masala
- 0.1 teaspoon ground pepper red
- 0.1 teaspoon salt
- 1.5 pounds shrimp deveined peeled
- 6 ounce carton yogurt plain low-fat

Equipment

- bowl
- frying pan
- paper towels
- spatula

Directions

- Spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 5 minutes. Scrape drained yogurt into a bowl using a rubber spatula. Stir in chopped cilantro. Cover and refrigerate.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add garlic; saut for 1 minute.
- Add shrimp; sprinkle shrimp with garam masala, salt, and pepper. Cook 6 minutes or until shrimp are done.
- Serve with yogurt sauce.

Nutrition Facts

PROTEIN 75.08% **FAT 16.77%** **CARBS 8.15%**

Properties

Glycemic Index:23.5, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:8.0095651732839%

Flavonoids

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 195.09kcal (9.75%), Fat: 3.64g (5.6%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 3.78g (1.38%), Sugar: 3.02g (3.36%), Cholesterol: 276.41mg (92.14%), Sodium: 305.8mg (13.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.69g (73.39%), Phosphorus: 428.39mg (42.84%), Copper: 0.68mg (33.85%), Calcium: 190.35mg (19.03%), Zinc: 2.68mg (17.88%), Magnesium: 67.38mg (16.85%), Potassium: 558.4mg (15.95%), Vitamin B2: 0.09mg (5.53%), Iron: 0.96mg (5.33%), Manganese: 0.09mg (4.57%), Vitamin B12: 0.24µg (3.97%), Vitamin B5: 0.26mg (2.64%), Vitamin E: 0.39mg (2.59%), Selenium: 1.68µg (2.4%), Vitamin B6:

0.05mg (2.3%), Vitamin K: 2.21µg (2.11%), Vitamin B1: 0.02mg (1.52%), Vitamin C: 1.03mg (1.24%), Vitamin A: 61.36IU (1.23%), Folate: 4.92µg (1.23%)