



Jheega Shrimp and Squash in Creamy Mustard Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups butternut squash cubed peeled () (1 1/2 pounds)
- 3 tablespoons dijon mustard
- 1.5 tablespoons mustard dry
- 0.3 cup cilantro leaves fresh chopped
- 1.5 tablespoons garlic minced
- 0.3 cup julienne-cut ginger fresh peeled
- 0.8 cup green onions chopped

- 0.3 teaspoon ground cloves
- 1.5 tablespoons ground cumin
- 0.8 teaspoon ground pepper red
- 1 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 3 pounds shrimp deveined peeled
- 2.5 tablespoons vegetable oil divided
- 0.5 cup water divided

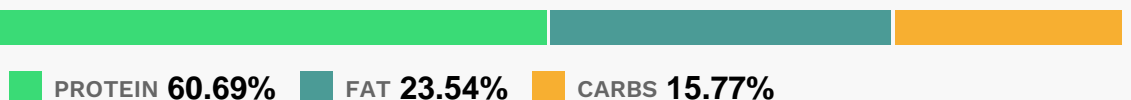
Equipment

- bowl
- frying pan

Directions

- Combine 1 tablespoon oil, dry mustard, cumin, garlic, and red pepper in a large bowl.
- Add shrimp; toss gently to coat.
- Let stand 15 minutes.
- Combine squash, ginger, cloves, and 1/4 cup water in a large nonstick skillet over medium-high heat; bring to a boil. Cover, reduce heat, and simmer 3 minutes or until squash is crisp-tender.
- Remove squash mixture from pan.
- Add 1 1/2 tablespoons oil to pan; increase heat to medium-high.
- Add green onions to pan, and saut 1 minute.
- Add shrimp; saut 3 minutes. Stir in squash mixture, 1/4 cup water, Dijon mustard, and salt; bring to a boil. Cover and cook 2 minutes. Stir in juice, and sprinkle with the cilantro.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.41, Inflammation Score:-10, Nutrition Score:16.76913028178%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 229.03kcal (11.45%), Fat: 6.18g (9.51%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 7.32g (2.66%), Sugar: 1.71g (1.9%), Cholesterol: 273.86mg (91.29%), Sodium: 562.5mg (24.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.86g (71.72%), Vitamin A: 5805.01IU (116.1%), Phosphorus: 411.68mg (41.17%), Copper: 0.75mg (37.46%), Vitamin K: 29.83µg (28.41%), Magnesium: 93.44mg (23.36%), Potassium: 725.45mg (20.73%), Vitamin C: 14.61mg (17.71%), Zinc: 2.6mg (17.36%), Manganese: 0.35mg (17.33%), Calcium: 163.26mg (16.33%), Iron: 2.43mg (13.48%), Vitamin E: 1.36mg (9.1%), Fiber: 2g (7.99%), Selenium: 5.28µg (7.55%), Vitamin B6: 0.13mg (6.52%), Vitamin B1: 0.09mg (6.08%), Folate: 24.08µg (6.02%), Vitamin B3: 0.88mg (4.41%), Vitamin B5: 0.27mg (2.65%), Vitamin B2: 0.03mg (2.03%)