



Light Shrimp Curry

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups rice long-grain cooked
- ☐ 2 tablespoons curry powder
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 teaspoon ground pepper white
- ☐ 0.3 cup jalapeno minced 1 pepper
- ☐ 1 tablespoon butter

- ☐ 29 ounce no-salt-added stewed tomatoes undrained canned
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 3 pounds shrimp unpeeled
- ☐ 8 ounce carton yogurt plain fat-free

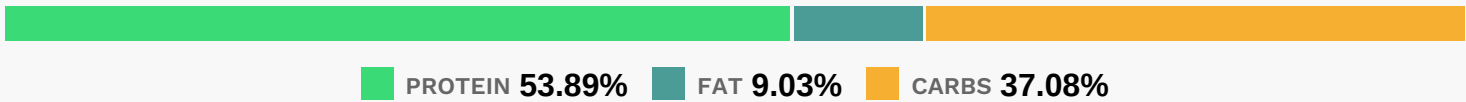
Equipment

- ☐ frying pan

Directions

- ☐ Peel and devein shrimp; set aside.
- ☐ Coat a large nonstick skillet with cooking spray; add margarine.
- ☐ Place over medium-high heat until margarine melts.
- ☐ Add chopped onion, and saut until tender. Stir in jalapeo pepper, ginger, and garlic; saut 2 minutes.
- ☐ Add curry powder; saut 2 minutes.
- ☐ Add tomatoes; cook over medium heat 5 minutes or until slightly thickened, stirring often. Stir in yogurt, salt, and white pepper.
- ☐ Add shrimp; bring to a boil. Reduce heat, and simmer 5 minutes or until shrimp are done.
- ☐ Spoon mixture over rice; sprinkle with onions.
- ☐ Serve immediately.
- ☐ Tip: To save time, you can buy shrimp that has already been peeled and deveined. You'll need 2 1/4 pounds peeled shrimp to equal 3 pounds unpeeled.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:24.72, Inflammation Score:-6, Nutrition Score:19.042174007582%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg 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: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg

Nutrients (% of daily need)

Calories: 379.61kcal (18.98%), Fat: 3.85g (5.93%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 35.6g (11.87%), Net Carbohydrates: 32.47g (11.81%), Sugar: 7.72g (8.58%), Cholesterol: 365.9mg (121.97%), Sodium: 435.88mg (18.95%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 51.73g (103.46%), Phosphorus: 624.68mg (62.47%), Copper: 1.08mg (54.11%), Manganese: 0.71mg (35.27%), Potassium: 1087.56mg (31.07%), Magnesium: 121.81mg (30.45%), Calcium: 293.15mg (29.31%), Zinc: 4.15mg (27.69%), Vitamin C: 21.07mg (25.54%), Iron: 3.48mg (19.31%), Vitamin K: 18.36µg (17.48%), Vitamin B6: 0.33mg (16.5%), Fiber: 3.13g (12.53%), Vitamin B2: 0.2mg (11.55%), Selenium: 8.04µg (11.48%), Vitamin E: 1.65mg (11.01%), Vitamin B1: 0.12mg (7.95%), Folate: 30.89µg (7.72%), Vitamin B5: 0.77mg (7.71%), Vitamin B3: 1.54mg (7.69%), Vitamin A: 362.54IU (7.25%), Vitamin B12: 0.23µg (3.88%)