



Madras Shrimp Molahu Veritadu Curry in Black Pepper Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons peppercorns black crushed
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 1.5 tablespoons ginger fresh grated peeled
- ☐ 2 garlic cloves minced
- ☐ 1.5 tablespoons ground coriander seeds
- ☐ 0.5 teaspoon ground turmeric

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon mustard seeds
- ☐ 1 cup onion finely chopped
- ☐ 0.8 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 2 tablespoons tomato paste
- ☐ 1 tablespoon vegetable oil

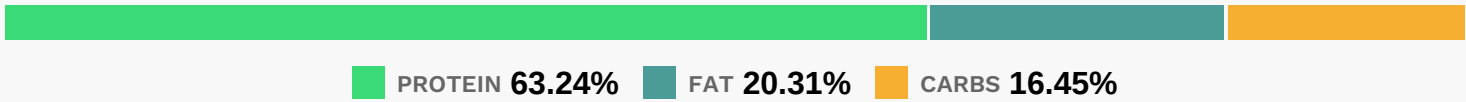
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large nonstick skillet over medium-high heat.
- ☐ Add the mustard seeds; cover pan, and cook 2 minutes or until seeds stop popping. Uncover pan. Stir in the onion and the next 5 ingredients (onion through garlic), and cook for 5 minutes or until the onion is golden, stirring frequently.
- ☐ Reduce heat, and stir in broth, tomato paste, juice, and salt. Cook until thick (about 1 minute), stirring constantly.
- ☐ Add shrimp; cook 4 minutes or until shrimp are done.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:1.84, Inflammation Score:-9, Nutrition Score:11.179130447947%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg

0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg
Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg

Nutrients (% of daily need)

Calories: 219.53kcal (10.98%), Fat: 5.14g (7.9%), Saturated Fat: 0.8g (4.97%), Carbohydrates: 9.36g (3.12%), Net
Carbohydrates: 6.74g (2.45%), Sugar: 2.95g (3.28%), Cholesterol: 273.86mg (91.29%), Sodium: 821.68mg (35.73%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.98g (71.96%), Phosphorus: 407.36mg (40.74%), Copper:
0.78mg (39.14%), Manganese: 0.53mg (26.3%), Magnesium: 82.38mg (20.6%), Potassium: 688mg (19.66%), Zinc:
2.61mg (17.39%), Calcium: 151.87mg (15.19%), Vitamin K: 14.13µg (13.46%), Iron: 2.01mg (11.14%), Fiber: 2.62g (10.47%),
Vitamin C: 7.54mg (9.14%), Vitamin B6: 0.11mg (5.46%), Selenium: 3.66µg (5.24%), Vitamin E: 0.74mg (4.92%),
Vitamin A: 202.91IU (4.06%), Folate: 12.23µg (3.06%), Vitamin B3: 0.61mg (3.04%), Vitamin B1: 0.04mg (2.91%),
Vitamin B2: 0.05mg (2.69%), Vitamin B5: 0.16mg (1.56%)