



WHATSheATE



## Malaysian Tamarind Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 spring onion ends trimmed cut into thin slivers
- ☐ 1 teaspoon hot sauce
- ☐ 0.3 cup rice vinegar
- ☐ 1 tablespoon salad oil
- ☐ 1.5 pounds shrimp shelled deveined rinsed drained per lb.), and well
- ☐ 3 tablespoons soya sauce
- ☐ 0.5 cup sugar
- ☐ 0.3 cup tamarind pulp packed (see notes)

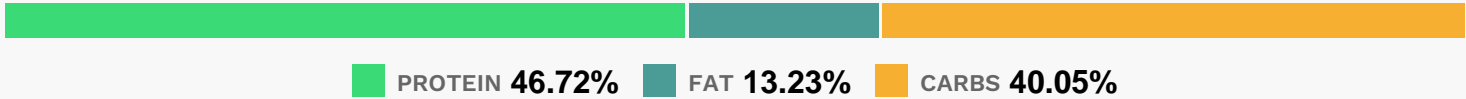
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve

# Directions

- ☐ In a small bowl, mix tamarind pulp and 3/4 cup boiling water.
- ☐ Let stand until lukewarm, 8 to 10 minutes; rub pulp with your fingers to mix well and release from seeds. Rub mixture through a strainer into a 10- to 12-inch frying pan; discard residue.
- ☐ Add sugar, vinegar, soy sauce, and hot sauce to frying pan. Bring mixture to a boil over high heat and stir often until reduced to about 3/4 cup, about 5 minutes. Scrape the reduced sauce back into a bowl (or, if making up to 1 week ahead, into a jar or refrigerator container; cover and chill).
- ☐ Rinse the frying pan and wipe dry.
- ☐ Place over high heat and add the oil; when hot, add shrimp and stir until they begin to turn pink, about 2 minutes.
- ☐ Pour into a bowl.
- ☐ Add the tamarind sauce to pan and stir until it's boiling vigorously; return shrimp to pan and stir until opaque but still moist-looking in center of thickest part (cut to test), 3 to 6 minutes longer.
- ☐ Spoon shrimp and sauce onto plates or into a bowl.
- ☐ Garnish with green onions.

# Nutrition Facts



# Properties

Glycemic Index:58.02, Glycemic Load:20.44, Inflammation Score:-1, Nutrition Score:8.3056520845579%

# Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 302.7kcal (15.13%), Fat: 4.52g (6.96%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 30.8g (10.27%), Net Carbohydrates: 30.15g (10.97%), Sugar: 28.25g (31.39%), Cholesterol: 273.86mg (91.29%), Sodium: 986.58mg (42.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.93g (71.87%), Phosphorus: 393mg (39.3%), Copper: 0.7mg (34.89%), Magnesium: 73.24mg (18.31%), Zinc: 2.37mg (15.82%), Potassium: 543.6mg (15.53%), Vitamin K: 15.15µg (14.43%), Calcium: 122.72mg (12.27%), Iron: 1.53mg (8.48%), Manganese: 0.14mg (7.17%), Vitamin E: 0.65mg (4.36%), Vitamin B3: 0.71mg (3.56%), Vitamin B1: 0.04mg (2.91%), Fiber: 0.65g (2.6%), Vitamin C: 2.14mg (2.59%), Vitamin B2: 0.04mg (2.49%), Vitamin B6: 0.04mg (1.86%), Folate: 7.38µg (1.85%), Vitamin A: 63.69IU (1.27%)