



Mango Rice Salad with Grilled Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup carrots shredded
- ☐ 4 teaspoons curry powder
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon garlic fresh minced
- ☐ 0.5 cup spring onion sliced
- ☐ 0.1 teaspoon ground cumin

- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.7 cup lite coconut milk light
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon soy sauce low-sodium
- ☐ 2 cups mangos diced peeled (2 mangoes)
- ☐ 1.5 cups bell pepper diced red
- ☐ 1.3 cups rice long-grain uncooked
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled (36 shrimp)
- ☐ 2 cups water

Equipment

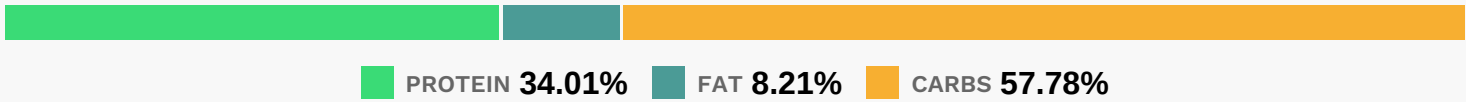
- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Combine first 6 ingredients in a medium bowl.
- ☐ Add shrimp; toss to coat. Cover and chill 1 hour.
- ☐ Bring water and coconut milk to a boil in a medium saucepan; add rice. Cover, reduce heat, and simmer 15 minutes or until the liquid is absorbed.
- ☐ Add carrot and next 7 ingredients (through salt); toss gently to combine.
- ☐ Prepare grill or grill pan to medium-high heat.
- ☐ Thread 3 shrimp onto each of 12 (6-inch) skewers.
- ☐ Place skewers on grill rack or grill pan coated with cooking spray; grill 3 minutes on each side or until shrimp are done.
- ☐ Serve skewers over salad.

☐ Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:62.46, Glycemic Load:23.64, Inflammation Score:-10, Nutrition Score:20.760434855586%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 318.06kcal (15.9%), Fat: 2.92g (4.49%), Saturated Fat: 1.78g (11.14%), Carbohydrates: 46.28g (15.43%), Net Carbohydrates: 42.88g (15.59%), Sugar: 10.28g (11.42%), Cholesterol: 182.57mg (60.86%), Sodium: 465.19mg (20.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.23g (54.47%), Vitamin A: 4611.73IU (92.23%), Vitamin C: 73.28mg (88.82%), Vitamin K: 36.1µg (34.38%), Manganese: 0.67mg (33.39%), Phosphorus: 326.03mg (32.6%), Copper: 0.64mg (32.21%), Potassium: 640.55mg (18.3%), Magnesium: 70.7mg (17.68%), Vitamin B6: 0.31mg (15.3%), Zinc: 2.27mg (15.14%), Folate: 57.24µg (14.31%), Fiber: 3.4g (13.6%), Calcium: 117.68mg (11.77%), Vitamin E: 1.62mg (10.78%), Iron: 1.86mg (10.32%), Selenium: 6.7µg (9.58%), Vitamin B3: 1.67mg (8.34%), Vitamin B5: 0.7mg (6.95%), Vitamin B2: 0.1mg (5.97%), Vitamin B1: 0.09mg (5.82%)