



Mild Shrimp And Vegetable Curry

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups rice long-grain hot cooked
- 0.5 teaspoon curry powder
- 1 small bell pepper green cut into thin strips
- 2 jalapeño peppers seeded finely chopped
- 1 small onion thinly sliced
- 0.8 teaspoon salt
- 0.8 pound shrimp deveined peeled
- 1 pound tomatoes coarsely chopped

Equipment

frying pan

Directions

- Coat a 12-inch skillet with cooking spray; place over medium-high heat until hot.
- Add jalapeo pepper, bell pepper, and onion; saut 8 minutes or until onion is golden.
- Add tomato and next 3 ingredients; bring to a boil. Cover, reduce heat, and simmer 8 to 10 minutes or until shrimp are done, stirring occasionally.
- Serve immediately over rice.

Nutrition Facts



Properties

Glycemic Index:73.67, Glycemic Load:50.04, Inflammation Score:-8, Nutrition Score:17.915217295937%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg

Nutrients (% of daily need)

Calories: 347.06kcal (17.35%), Fat: 1.47g (2.26%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 54.51g (18.17%), Net Carbohydrates: 50.88g (18.5%), Sugar: 6.03g (6.7%), Cholesterol: 182.57mg (60.86%), Sodium: 727.58mg (31.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.94%), Vitamin C: 53.38mg (64.7%), Manganese: 1.04mg (52.03%), Phosphorus: 362.19mg (36.22%), Copper: 0.67mg (33.72%), Vitamin A: 1455.11IU (29.1%), Potassium: 818.65mg (23.39%), Magnesium: 82.34mg (20.59%), Vitamin B6: 0.39mg (19.7%), Zinc: 2.65mg (17.67%), Selenium: 12.06µg (17.23%), Vitamin K: 15.92µg (15.16%), Fiber: 3.63g (14.54%), Calcium: 114.4mg (11.44%), Folate: 37.35µg (9.34%), Vitamin E: 1.38mg (9.22%), Vitamin B3: 1.81mg (9.03%), Iron: 1.57mg (8.74%), Vitamin B5: 0.83mg (8.33%), Vitamin B1: 0.12mg (7.79%), Vitamin B2: 0.07mg (4.11%)