



Pina Colada Shrimp and Rice

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup coconut milk
- 0.3 cup baker's angel flake coconut toasted
- 1 green onion sliced
- 2 cups rice white instant uncooked
- 1 Tbsp olive oil
- 20 oz pineapple chunks drained canned
- 1 cup pineapple juice
- 1 lb shrimp cleaned

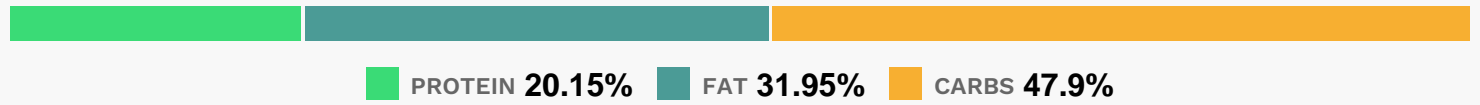
Equipment

frying pan

Directions

- Cook and stir shrimp in hot oil in large skillet on medium-high heat 4 min. until almost cooked through.
- Add pineapple juice and pineapple chunks; bring to boil.
- Stir in rice and coconut milk; cover.
- Remove from heat.
- Let stand 5 min. (If all liquid has not been absorbed, cook on low heat additional 2 min. or until liquid is absorbed.) Fluff with fork. Spoon onto serving platter; sprinkle with coconut and green onion.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:5.02, Inflammation Score:-6, Nutrition Score:19.814782723137%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 554.37kcal (27.72%), Fat: 20.19g (31.07%), Saturated Fat: 14.41g (90.04%), Carbohydrates: 68.11g (22.7%), Net Carbohydrates: 64.39g (23.41%), Sugar: 26.58g (29.54%), Cholesterol: 182.57mg (60.86%), Sodium: 151.7mg (6.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.65g (57.31%), Manganese: 1.34mg (67.14%), Copper: 0.88mg (44.13%), Vitamin B1: 0.59mg (39.62%), Phosphorus: 374.35mg (37.43%), Folate: 146.27µg (36.57%), Iron: 5.98mg (33.24%), Magnesium: 105.42mg (26.36%), Selenium: 17.62µg (25.18%), Vitamin C: 20.43mg (24.77%), Potassium: 724.91mg (20.71%), Vitamin B3: 3.94mg (19.7%), Zinc: 2.78mg (18.51%), Fiber: 3.72g (14.89%), Calcium: 126.13mg (12.61%), Vitamin B6: 0.25mg (12.57%), Vitamin K: 9.55µg (9.09%), Vitamin E: 0.6mg (4.01%), Vitamin B2: 0.06mg (3.64%), Vitamin B5: 0.35mg (3.5%), Vitamin A: 103.73IU (2.07%)