



Pumpkin Shrimp Curry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup butternut squash diced
- ☐ 15 ounce pumpkin puree canned
- ☐ 0.1 teaspoon ground pepper
- ☐ 4 servings cilantro leaves
- ☐ 4 servings rice steamed
- ☐ 1.5 teaspoons curry powder
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon ginger minced

- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 4 servings lime zest
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion sliced
- ☐ 1 plum tomatoes chopped
- ☐ 4 servings shallots
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 cup coconut milk unsweetened
- ☐ 2 cups vegetable stock

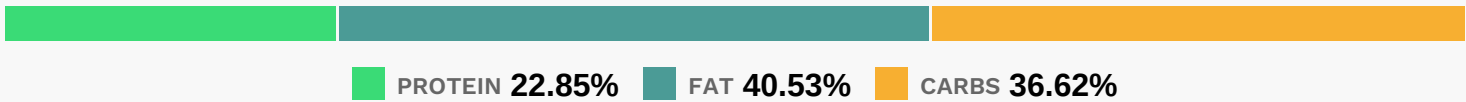
Equipment

- ☐ sauce pan

Directions

- ☐ Heat olive oil in a large saucepan over medium heat.
- ☐ Add onion and ginger; sauté until soft, about 8 minutes.
- ☐ Add garlic; cook for 1 minute. Stir in plum tomato and pumpkin purée; cook, stirring frequently, until pumpkin is golden brown, about 10 minutes.
- ☐ Add vegetable broth, coconut milk, curry powder, and cayenne pepper; simmer for 20 minutes.
- ☐ Add butternut squash, shrimp, and lime juice. Simmer until shrimp are cooked and squash is warm.
- ☐ Serve with steamed rice. Top with cilantro, lime zest, and fried shallots.

Nutrition Facts



Properties

Glycemic Index:98.75, Glycemic Load:25.88, Inflammation Score:-10, Nutrition Score:23.140435115151%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg

Nutrients (% of daily need)

Calories: 484.06kcal (24.2%), Fat: 22.63g (34.81%), Saturated Fat: 14.01g (87.56%), Carbohydrates: 45.99g (15.33%), Net Carbohydrates: 39.29g (14.29%), Sugar: 9.63g (10.7%), Cholesterol: 182.57mg (60.86%), Sodium: 625.16mg (27.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.69g (57.38%), Vitamin A: 20687.63IU (413.75%), Manganese: 1.33mg (66.65%), Copper: 0.84mg (41.99%), Phosphorus: 408.27mg (40.83%), Magnesium: 117.12mg (29.28%), Potassium: 957.41mg (27.35%), Fiber: 6.7g (26.79%), Vitamin C: 20.38mg (24.71%), Vitamin K: 24.22µg (23.07%), Iron: 3.91mg (21.73%), Vitamin E: 3.05mg (20.34%), Zinc: 2.7mg (18.03%), Selenium: 10.89µg (15.56%), Vitamin B6: 0.31mg (15.48%), Calcium: 153.94mg (15.39%), Folate: 46.25µg (11.56%), Vitamin B5: 1.07mg (10.7%), Vitamin B3: 1.79mg (8.93%), Vitamin B1: 0.12mg (8.27%), Vitamin B2: 0.09mg (5.57%)