

Quick Shrimp Curry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup tomatoes diced canned undrained
- ☐ 2 teaspoons curry powder
- ☐ 1 cup chicken broth fat-free reduced-sodium
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 tablespoon ginger fresh minced
- ☐ 3 garlic cloves minced
- ☐ 1 medium onion cut into thin wedges (1 1/4 cups)
- ☐ 10 ounce peas green frozen thawed ()

- ☐ 1 pound potatoes red cut into 1/4-inch pieces (2 1/3 cups)
- ☐ 0.3 teaspoon salt
- ☐ 12 ounce shrimp frozen thawed cooked peeled
- ☐ 1 tablespoon vegetable oil

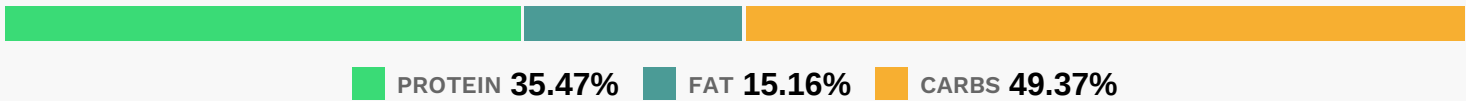
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet.
- ☐ Add onion, and cook, stirring constantly, over medium heat until tender and golden, about 7 minutes.
- ☐ Add garlic, ginger, and curry powder; cook, stirring constantly, about 1 minute.
- ☐ Add broth and next 3 ingredients. Bring to a boil. Cover, reduce heat, and cook, stirring once, about 15 minutes or until potato is tender.
- ☐ Stir in shrimp and peas; cook, uncovered, about 4 minutes or until shrimp and peas are thoroughly heated. Stir in cilantro.
- ☐ Serve immediately in individual serving bowls.

Nutrition Facts



Properties

Glycemic Index:38.33, Glycemic Load:3.56, Inflammation Score:-7, Nutrition Score:18.599565055059%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin:

6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg

Nutrients (% of daily need)

Calories: 265.55kcal (13.28%), Fat: 4.6g (7.08%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 33.73g (11.24%), Net Carbohydrates: 26.57g (9.66%), Sugar: 7.53g (8.36%), Cholesterol: 136.93mg (45.64%), Sodium: 547.84mg (23.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.23g (48.46%), Vitamin C: 43.88mg (53.19%), Phosphorus: 355.26mg (35.53%), Copper: 0.67mg (33.54%), Manganese: 0.63mg (31.46%), Potassium: 1059.78mg (30.28%), Fiber: 7.15g (28.62%), Vitamin K: 29.76µg (28.34%), Magnesium: 88.63mg (22.16%), Vitamin B6: 0.43mg (21.46%), Vitamin B1: 0.32mg (21.21%), Folate: 76.6µg (19.15%), Iron: 3.09mg (17.17%), Zinc: 2.57mg (17.11%), Vitamin B3: 3.41mg (17.06%), Vitamin A: 609.33IU (12.19%), Calcium: 110.74mg (11.07%), Vitamin B2: 0.17mg (10.04%), Vitamin E: 0.82mg (5.48%), Vitamin B5: 0.55mg (5.46%), Selenium: 3.76µg (5.38%), Vitamin B12: 0.11µg (1.89%)