



Red Curry Marinated Shrimp

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons canola oil
- 0.3 cup cilantro leaves fresh chopped
- 1 juice of lime juiced
- 2 tablespoons curry paste red
- 0.5 onion red peeled finely chopped
- 8 servings salt and pepper freshly ground
- 2 pounds shrimp
- 14 ounce coconut milk unsweetened canned

Equipment

- bowl
- whisk
- grill

Directions

- Watch how to make this recipe.
- Heat grill to high.
- Whisk together coconut milk, curry paste, onion, cilantro, lime juice, and oil in a large bowl. Season, to taste, with salt and pepper.
- Place shrimp in the bowl and toss to coat. Cover and let marinate at room temperature for 20 minutes.
- Remove shrimp from the marinade and grill for 1 1/2 to 2 minutes per side.
- Serve on brown paper bags, if desired.

Nutrition Facts

PROTEIN 37.33% **FAT 56.38%** **CARBS 6.29%**

Properties

Glycemic Index:7.38, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:8.0286957103273%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 249.55kcal (12.48%), Fat: 16.17g (24.88%), Saturated Fat: 10.96g (68.5%), Carbohydrates: 4.06g (1.35%), Net Carbohydrates: 2.68g (0.98%), Sugar: 2.28g (2.54%), Cholesterol: 182.57mg (60.86%), Sodium: 336.82mg (14.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.09g (48.17%), Phosphorus: 295.04mg (29.5%), Copper: 0.58mg (29.02%), Manganese: 0.5mg (25.2%), Magnesium: 59.17mg (14.79%), Potassium: 446.92mg

(12.77%), Vitamin A: 626.38IU (12.53%), Zinc: 1.87mg (12.46%), Calcium: 88.32mg (8.83%), Iron: 1.53mg (8.49%), Fiber: 1.38g (5.5%), Vitamin E: 0.71mg (4.73%), Selenium: 3.12µg (4.46%), Vitamin C: 3.47mg (4.21%), Vitamin K: 4.15µg (3.95%), Folate: 9.93µg (2.48%), Vitamin B3: 0.4mg (1.98%), Vitamin B6: 0.03mg (1.34%), Vitamin B1: 0.02mg (1.16%), Vitamin B5: 0.11mg (1.07%)