



Red Curry Shrimp



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



8 ounce bottled clam juice



0.3 cup cilantro leaves fresh chopped



1 lime cut into 8 wedges



1 tablespoon curry paste red



1.3 pounds shrimp deveined uncooked peeled



13.5 ounce coconut milk unsweetened canned

Equipment



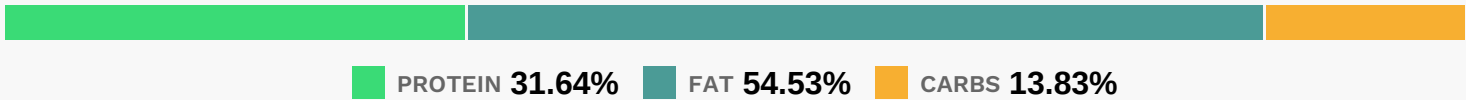
bowl

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Stir red curry paste in large skillet over medium-high heat until fragrant, about 1 minute.
- ☐ Add coconut milk and clam juice and bring to boil, whisking until paste dissolves. Boil until sauce is thick enough to coat spoon, stirring occasionally, about 7 minutes.
- ☐ Add shrimp to sauce. Cook until shrimp turn pink and are just opaque in center, turning occasionally, about 4 minutes. Stir in cilantro. Season to taste with salt and pepper. Divide shrimp and sauce among 4 shallow bowls.
- ☐ Garnish with lime wedges and serve.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:12.725217307391%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 377.41kcal (18.87%), Fat: 23.92g (36.8%), Saturated Fat: 20.45g (127.82%), Carbohydrates: 13.65g (4.55%), Net Carbohydrates: 10.67g (3.88%), Sugar: 5.63g (6.26%), Cholesterol: 228.21mg (76.07%), Sodium: 389.3mg (16.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.22g (62.45%), Manganese: 0.95mg (47.42%), Copper: 0.84mg (41.95%), Phosphorus: 408.91mg (40.89%), Magnesium: 89.2mg (22.3%), Potassium: 700.34mg (20.01%), Zinc: 2.61mg (17.41%), Vitamin A: 773.46IU (15.47%), Iron: 2.61mg (14.51%), Vitamin C: 11.06mg (13.41%), Calcium: 122.23mg (12.22%), Fiber: 2.98g (11.91%), Selenium: 6.24µg (8.91%), Folate: 22.01µg (5.5%), Vitamin B3: 0.91mg (4.53%), Vitamin K: 4.33µg (4.12%), Vitamin B6: 0.08mg (3.77%), Vitamin B1: 0.04mg (2.85%), Vitamin B5: 0.27mg (2.66%), Vitamin E: 0.28mg (1.84%)