



Rice With Coconut and Shrimp (Arroz Con Coco Y Camarones)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1135 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 tablespoon chili powder
- ☐ 4 cups coconut milk fresh canned (or)
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 teaspoon ground pepper fresh
- ☐ 3 tablespoon olive oil divided
- ☐ 1 tablespoon onion powder

- ☐ 1 teaspoon salt divided
- ☐ 1 pound shrimp deveined peeled
- ☐ 4 tablespoons sugar
- ☐ 2 cups rice long-grain white

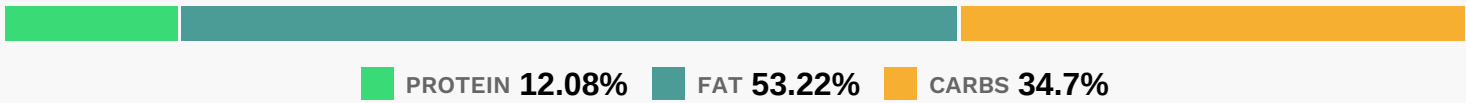
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Place the shrimp in a plastic bowl and add 1 tablespoon of olive oil, chili powder and onion powder and ½ teaspoon of salt. Refrigerate for 15 minutes.
- ☐ Heat the oil in a medium pot over medium heat.
- ☐ Add the rice, sugar, ½ teaspoon salt and pepper, stir until well coated.
- ☐ Add the coconut milk, bay leaf and bring to a boil, for about 5 minutes, reduce the heat to low and add the shrimp. Cover and cook for 20 to 25 minutes or until the rice is just tender and the liquid is absorbed.
- ☐ Remove from the heat, discard the bay leaf.
- ☐ Add the parsley and let it sit for 5 minutes and serve hot.

Nutrition Facts



Properties

Glycemic Index:48.82, Glycemic Load:52.92, Inflammation Score:-6, Nutrition Score:24.660434795463%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 1134.57kcal (56.73%), Fat: 69.02g (106.19%), Saturated Fat: 52.4g (327.51%), Carbohydrates: 101.25g (33.75%), Net Carbohydrates: 94.08g (34.21%), Sugar: 20.3g (22.56%), Cholesterol: 182.57mg (60.86%), Sodium: 775.54mg (33.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.25g (70.49%), Manganese: 3.3mg (165.18%), Copper: 1.31mg (65.51%), Phosphorus: 598.49mg (59.85%), Selenium: 29.38µg (41.98%), Magnesium: 155.84mg (38.96%), Iron: 5.66mg (31.45%), Potassium: 1081.48mg (30.9%), Fiber: 7.17g (28.67%), Zinc: 4.27mg (28.44%), Vitamin K: 24.39µg (23.23%), Vitamin B3: 3.44mg (17.2%), Vitamin E: 2.37mg (15.79%), Calcium: 149.62mg (14.96%), Vitamin B5: 1.4mg (14.05%), Vitamin B6: 0.27mg (13.31%), Folate: 48.79µg (12.2%), Vitamin C: 8.48mg (10.28%), Vitamin B1: 0.14mg (9.24%), Vitamin A: 382.97IU (7.66%), Vitamin B2: 0.06mg (3.51%)