

# Sauteed Shrimp with Coconut and Mustard

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



40 min.

SERVINGS



4

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons brown mustard seeds
- 1 small coconut flakes
- 1 teaspoon turmeric
- 1 teaspoon salt
- 1 lb shrimp ( deveined peeled per pound), , leaving tail and first segment of shell intact, and
- 7 small thai chile fresh green (2 to 3 inches; preferably )
- 3 tablespoons vegetable oil
- 3 tablespoons water

## Equipment

- oven
- knife
- ziploc bags
- wok
- mortar and pestle
- box grater
- metal skewers

## Directions

- Put oven rack in middle position and preheat oven to 400°F.
- If using whole coconut, pierce 2 softest eyes of coconut with a small screwdriver or a metal skewer, then drain and discard liquid.
- Bake whole coconut 15 minutes. Break shell with a hammer and remove flesh, levering it out carefully with screwdriver or point of a strong knife. Finely shred enough coconut to measure 1 cup using the 1/8-inch-wide holes of a box grater.
- Finely grind mustard seeds with a pinch of salt in grinder. Finely chop whole chile (without slit) and mash in mortar with pestle along with ground mustard seeds and a pinch of salt until chile is finely ground.
- Add 1 tablespoon water.
- Mix to a paste. (Alternatively, very finely chop chile, then stir with mustard seeds and water to form a paste.)
- Toss shrimp with turmeric and salt.
- Heat oil in wok over moderately high heat until hot but not smoking. Sauté shrimp, stirring, until it just turns pink, 2 to 3 minutes.
- Add grated coconut, mustard paste, remaining 6 chiles, and remaining 2 tablespoons water. Sauté, stirring, until water is absorbed and shrimp are well coated, about 2 minutes more.
- Leftover coconut can be frozen in a sealed plastic bag up to 1 month.

## Nutrition Facts



■ PROTEIN 46.49% ■ FAT 51.19% ■ CARBS 2.32%

## Properties

Glycemic Index:1.25, Glycemic Load:0.01, Inflammation Score:-10, Nutrition Score:6.55739136105%

## Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

## Nutrients (% of daily need)

Calories: 197.16kcal (9.86%), Fat: 11.36g (17.48%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 0.81g (0.3%), Sugar: 0.37g (0.41%), Cholesterol: 182.57mg (60.86%), Sodium: 717.66mg (31.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.22g (46.43%), Phosphorus: 255.22mg (25.52%), Copper: 0.47mg (23.31%), Vitamin K: 19.63µg (18.7%), Vitamin C: 12.94mg (15.68%), Magnesium: 46.02mg (11.5%), Zinc: 1.63mg (10.84%), Potassium: 338.7mg (9.68%), Calcium: 77.86mg (7.79%), Vitamin E: 0.94mg (6.25%), Manganese: 0.12mg (6.09%), Iron: 0.97mg (5.37%), Selenium: 2.18µg (3.11%), Vitamin B6: 0.03mg (1.42%), Fiber: 0.35g (1.39%), Vitamin A: 62.21IU (1.24%)