



Sauteed Shrimp with Green Tomato Chutney

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



759 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons canola oil
- 0.1 teaspoon cayenne pepper
- 2 cups rice long-grain white cooked
- 8 medium cloves garlic thinly sliced
- 4 medium tomatoes green thinly sliced quartered
- 1 teaspoon ground coriander
- 1 tablespoon ground cumin
- 0.5 teaspoon kosher salt

- 0.5 tablespoon mustard seeds
- 0.5 cup rice vinegar
- 1 pound shrimp deveined
- 0.5 cup sugar
- 1 large onion diced sweet (preferably Vidalia)
- 3 tablespoons white wine

Equipment

- frying pan
- sauce pan

Directions

- In a medium saucepan over medium-low heat, heat 1 tablespoon of the oil.
- Add the onion and garlic and cook for 5 minutes.
- Add the coriander, mustard, and cumin and cook until the onions begin to turn golden, about 8 to 10 minutes.
- Add the tomatoes, vinegar, and sugar and stir. Increase heat to medium. Cook, stirring occasionally, until the tomatoes are softened but still retain their shape, 15 to 20 minutes.
- Remove from heat and season with the salt and cayenne pepper. Meanwhile, heat the remaining oil in a large skillet over medium heat.
- Add the shrimp and cook, turning once, for 2 minutes total.
- Add the wine and cook for 1 minute. Cover, remove from heat, and set aside until the shrimp are pink and cooked through, about 5 minutes. Divide the rice among individual plates and top with the shrimp and chutney. Tip: You can make the chutney ahead of time and refrigerate it for up to 2 weeks. Reheat it over low heat.

Nutrition Facts

 PROTEIN 10.75%  FAT 10.25%  CARBS 79%

Properties

Glycemic Index:88.27, Glycemic Load:76.04, Inflammation Score:-8, Nutrition Score:24.400869452435%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg Quercetin: 12.12mg, Quercetin: 12.12mg, Quercetin: 12.12mg, Quercetin: 12.12mg

Nutrients (% of daily need)

Calories: 759.04kcal (37.95%), Fat: 8.54g (13.13%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 148g (49.33%), Net Carbohydrates: 141.28g (51.37%), Sugar: 37.41g (41.56%), Cholesterol: 0mg (0%), Sodium: 326.25mg (14.18%), Alcohol: 1.16g (100%), Alcohol %: 0.3% (100%), Protein: 20.13g (40.27%), Selenium: 82.75µg (118.21%), Manganese: 1.83mg (91.29%), Vitamin C: 34.99mg (42.41%), Phosphorus: 338.65mg (33.87%), Copper: 0.59mg (29.43%), Fiber: 6.72g (26.88%), Vitamin B6: 0.54mg (26.76%), Magnesium: 104.6mg (26.15%), Iron: 3.84mg (21.33%), Potassium: 707.73mg (20.22%), Vitamin B1: 0.26mg (17.34%), Vitamin A: 836.51IU (16.73%), Zinc: 2.45mg (16.33%), Vitamin K: 16.88µg (16.08%), Vitamin B3: 3.17mg (15.86%), Vitamin B5: 1.54mg (15.45%), Folate: 55.62µg (13.91%), Vitamin E: 1.7mg (11.35%), Calcium: 99.73mg (9.97%), Vitamin B2: 0.17mg (9.86%)