



Sautéed Shrimp with Tropical Fruit Salsa



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup coconut flakes sweetened
- ☐ 1 Tbsp cooking oil (coconut oil or canola oil)
- ☐ 1 pound shrimp raw deveined peeled
- ☐ 1 mangos diced peeled
- ☐ 1 cup pineapple diced
- ☐ 2 kiwi-fruit diced peeled
- ☐ 0.3 cup onion diced sweet red finely
- ☐ 1 teaspoon sugar to taste

- ☐ 0.3 lime
- ☐ 0.1 teaspoon chili powder
- ☐ 4 servings salt and pepper
- ☐ 3 mint leaves fresh thinly sliced

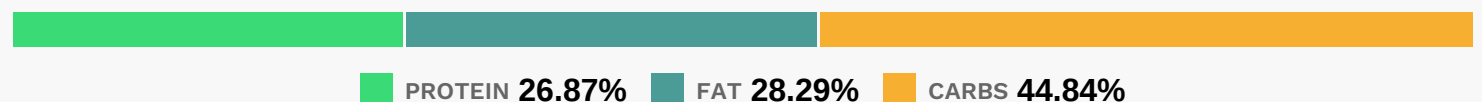
Equipment

- ☐ frying pan
- ☐ stove

Directions

- ☐ Toast coconut flakes:
- ☐ Heat a large frying pan or sauté pan on medium heat.
- ☐ Add the coconut flakes and stir constantly, until the flakes are slightly browned at the edges.
- ☐ Immediately spoon onto a plate to stop the cooking and prevent burning. Set aside to cool.
- ☐ Sauté the shrimp: Season the shrimp with salt and pepper. Return the same frying pan to the stove and heat on medium high heat.
- ☐ Pour in 1 tablespoon of cooking oil and swirl to coat.
- ☐ When the oil is hot, add the shrimp and cook for 2 minutes each side or until just barely cooked through. Spoon out the shrimp to a serving platter.
- ☐ Sauté the fruit: Use the same frying pan, heat to medium-high heat, pour just 2 teaspoons of cooking oil and swirl to coat.
- ☐ When the oil is shimmering, add the diced onion and sauté for 1 minute.
- ☐ Add the mango, pineapple, and the kiwi and cook for 1 minute until bubbly and softened.
- ☐ Add the fresh mint, sugar, chili powder and just a pinch of salt.
- ☐ Finish with a light squeeze of lime, sprinkled on top of the shrimp.
- ☐ Sprinkle the shrimp and salsa with toasted coconut flakes.

Nutrition Facts



Properties

Glycemic Index:71.79, Glycemic Load:9.86, Inflammation Score:-7, Nutrition Score:18.680434838585%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 244.36kcal (12.22%), Fat: 7.97g (12.26%), Saturated Fat: 5.81g (36.31%), Carbohydrates: 28.43g (9.48%), Net Carbohydrates: 24.32g (8.84%), Sugar: 20.73g (23.03%), Cholesterol: 142.88mg (47.63%), Sodium: 871.26mg (37.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.04g (34.08%), Vitamin C: 74.48mg (90.28%), Selenium: 35.81µg (51.15%), Phosphorus: 317.52mg (31.75%), Manganese: 0.61mg (30.64%), Vitamin B12: 1.26µg (20.98%), Copper: 0.41mg (20.66%), Vitamin K: 21.28µg (20.27%), Vitamin A: 880.15IU (17.6%), Vitamin E: 2.6mg (17.34%), Vitamin B6: 0.34mg (16.92%), Folate: 66.88µg (16.72%), Fiber: 4.11g (16.45%), Vitamin B3: 2.85mg (14.26%), Magnesium: 49.62mg (12.41%), Potassium: 410.21mg (11.72%), Calcium: 94.96mg (9.5%), Zinc: 1.37mg (9.1%), Vitamin B5: 0.66mg (6.61%), Vitamin B1: 0.09mg (5.98%), Iron: 0.81mg (4.52%), Vitamin B2: 0.07mg (4.03%)