



Shrimp-and-Apple Curry with Golden Raisins

READY IN



45 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 tablespoon butter
- ☐ 0.7 cup celery diced
- ☐ 1 tablespoon curry powder
- ☐ 15.8 ounce less-sodium chicken broth fat-free canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup golden raisins
- ☐ 1 cup apples i use 2 granny smith apples peeled chopped

- ☐ 1.3 cups milk 2% reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup shallots chopped
- ☐ 1.5 pounds shrimp deveined peeled

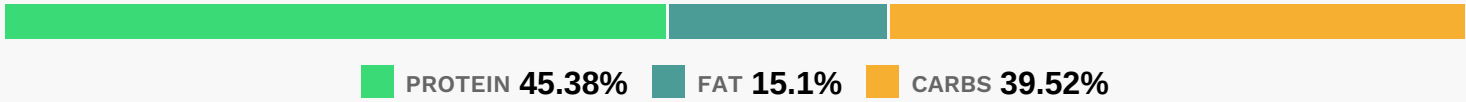
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add apple, shallots, celery, and garlic; saut 5 minutes or until lightly browned. Stir in flour and curry powder; cook 1 minute, stirring frequently. Gradually add the milk, raisins, and broth, stirring constantly with a whisk; bring to a boil, stirring frequently. Reduce heat, and simmer until thick (about 5 minutes). Stir in the shrimp, salt, and pepper; cook 3 minutes or until shrimp are done.

Nutrition Facts



Properties

Glycemic Index:85.67, Glycemic Load:13, Inflammation Score:-5, Nutrition Score:15.1799999952731%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 339.46kcal (16.97%), Fat: 5.92g (9.1%), Saturated Fat: 3.05g (19.08%), Carbohydrates: 34.84g (11.61%), Net Carbohydrates: 31.02g (11.28%), Sugar: 21.91g (24.34%), Cholesterol: 287.67mg (95.89%), Sodium: 886.16mg (38.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.01g (80.02%), Phosphorus: 515.83mg (51.58%), Copper: 0.83mg (41.67%), Potassium: 987.96mg (28.23%), Calcium: 253.83mg (25.38%), Magnesium: 93.61mg (23.4%), Manganese: 0.42mg (21.01%), Zinc: 3.06mg (20.37%), Vitamin B6: 0.32mg (15.86%), Fiber: 3.82g (15.28%), Vitamin B2: 0.26mg (15.04%), Iron: 2.64mg (14.65%), Vitamin B12: 0.65µg (10.77%), Selenium: 6.9µg (9.85%), Folate: 37.01µg (9.25%), Vitamin K: 8.75µg (8.33%), Vitamin C: 6.81mg (8.25%), Vitamin B1: 0.11mg (7.43%), Vitamin B3: 1.36mg (6.79%), Vitamin B5: 0.66mg (6.58%), Vitamin A: 277.52IU (5.55%), Vitamin E: 0.58mg (3.87%)