



WHATSheATE



Shrimp and Avocado in Tamarind Sauce



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon fish sauce
- ☐ 2 avocado
- ☐ 4 servings cilantro leaves fresh
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 garlic clove minced
- ☐ 4 servings jasmine rice
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 cup roasted peanuts salted chopped

- ☐ 0.3 teaspoon salt
- ☐ 1 large shallots separated thinly sliced
- ☐ 1 lb shrimp deveined peeled per lb), , leaving tail and first segment of shell intact, and
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup tamarind pulp (from a pliable block)
- ☐ 3 inch thai chile fresh minced stemmed (including seeds)
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup water

Equipment

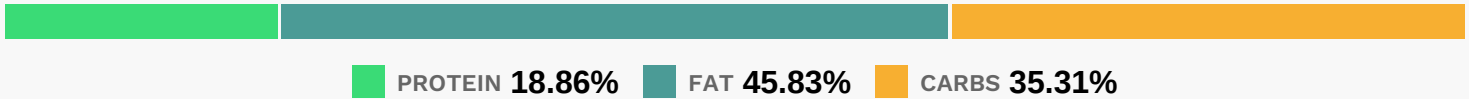
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Heat oil in a 1-quart heavy saucepan over moderate heat until hot but not smoking, then fry shallot, stirring, until golden brown, about 2 minutes.
- ☐ Transfer with a slotted spoon to paper towels to drain (shallots will crisp as they cool). Reserve oil.
- ☐ Soak tamarind pulp in boiling-hot water in a small bowl until softened, about 5 minutes. Force pulp through a sieve into a bowl, discarding solids.
- ☐ Add sugar, soy sauce, fish sauce, and 1 1/2 tablespoons lime juice and stir until sugar is dissolved.
- ☐ Halve, pit, and peel avocados.
- ☐ Cut into 1 1/2-inch chunks and toss with remaining 1 1/2 tablespoons lime juice in a bowl.

- ☐
- Transfer reserved oil to a 12-inch heavy skillet and heat over moderately high heat until hot but not smoking, then sauté ginger, garlic, chiles, and salt, stirring constantly, until fragrant, about 30 seconds.
- ☐
- Add shrimp and sauté, turning over once, 2 minutes total. Stir in tamarind mixture and simmer until shrimp are just cooked through, about 2 minutes more.
- ☐
- Spoon shrimp and avocado over rice, then sprinkle with peanuts and fried shallot.

Nutrition Facts



Properties

Glycemic Index:89.57, Glycemic Load:30.26, Inflammation Score:-6, Nutrition Score:21.9004345303%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 671.89kcal (33.59%), Fat: 35.35g (54.39%), Saturated Fat: 5.36g (33.52%), Carbohydrates: 61.29g (20.43%), Net Carbohydrates: 52.13g (18.96%), Sugar: 10.67g (11.86%), Cholesterol: 182.57mg (60.86%), Sodium: 952.07mg (41.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.72g (65.45%), Manganese: 1.04mg (52.12%), Vitamin K: 47.13µg (44.89%), Copper: 0.85mg (42.71%), Phosphorus: 417.55mg (41.75%), Fiber: 9.16g (36.64%), Magnesium: 121.3mg (30.33%), Potassium: 1055.16mg (30.15%), Folate: 108.54µg (27.13%), Vitamin B3: 4.79mg (23.97%), Vitamin C: 19.18mg (23.25%), Vitamin E: 3.3mg (22.01%), Vitamin B6: 0.44mg (22%), Vitamin B5: 2.11mg (21.06%), Zinc: 3mg (20.01%), Selenium: 9.06µg (12.94%), Iron: 2.28mg (12.67%), Calcium: 125.04mg (12.5%), Vitamin B1: 0.18mg (12.25%), Vitamin B2: 0.19mg (11.28%), Vitamin A: 184.67IU (3.69%)