



## Shrimp-and-Quince Curry

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**427 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 2 cups tomatoes with added purée, undrained canned crushed
- 8 cups rice hot cooked
- 2 teaspoons cornstarch
- 2 tablespoons curry powder
- 0.3 cup currants dried
- 0.7 cup yogurt plain fat-free
- 2 tablespoons ginger fresh minced peeled

- 2 garlic cloves minced
- 2 tablespoons green onions sliced
- 1 tablespoon jalapeno minced seeded
- 1.5 cups low-salt chicken broth divided
- 1 tablespoon butter
- 1 cup onion chopped
- 2 cups quinces diced cored peeled ( 2 quinces)
- 1 cup bell pepper diced red
- 0.5 teaspoon salt
- 2 pounds shrimp deveined peeled
- 1 tablespoon water
- 1 cup bell pepper diced yellow

## Equipment

- frying pan

## Directions

- Melt the margarine in a large nonstick skillet over medium-high heat.
- Add quince; saut 3 minutes or until lightly browned.
- Add 1/2 cup broth and onion. Simmer 12 minutes or until liquid evaporates.
- Add ginger, jalapeo, and garlic; saut 1 minute.
- Add curry powder; saut 1 minute.
- Add 1 cup broth and tomatoes. Bring to a boil; reduce heat, and simmer 15 minutes.
- Add bell peppers and currants; simmer 5 minutes.
- Add shrimp; simmer 4 minutes.
- Combine water and cornstarch. Stir yogurt until smooth.
- Add the cornstarch mixture, yogurt, salt, and pepper to skillet. Bring to a simmer, and cook 1 minute or until mixture is slightly thick, stirring constantly.
- Serve the curry over rice, and sprinkle with green onions.

# Nutrition Facts

PROTEIN 28.88% FAT 6.87% CARBS 64.25%

## Properties

Glycemic Index:51.5, Glycemic Load:53.48, Inflammation Score:-8, Nutrition Score:21.249999699385%

## Flavonoids

Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

## Nutrients (% of daily need)

Calories: 427.36kcal (21.37%), Fat: 3.32g (5.11%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 69.88g (23.29%), Net Carbohydrates: 65.21g (23.71%), Sugar: 8.99g (9.99%), Cholesterol: 182.98mg (60.99%), Sodium: 415.03mg (18.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.41g (62.82%), Vitamin C: 77.33mg (93.74%), Manganese: 1.08mg (53.91%), Copper: 0.83mg (41.6%), Phosphorus: 413.51mg (41.35%), Potassium: 925.34mg (26.44%), Magnesium: 93.42mg (23.36%), Vitamin B6: 0.44mg (21.89%), Selenium: 13.92µg (19.88%), Zinc: 2.94mg (19.58%), Fiber: 4.66g (18.65%), Calcium: 180.83mg (18.08%), Vitamin A: 892.21IU (17.84%), Iron: 3.01mg (16.74%), Vitamin B3: 2.67mg (13.34%), Vitamin B5: 1.1mg (10.98%), Vitamin E: 1.59mg (10.59%), Vitamin B2: 0.17mg (10.12%), Folate: 38.51µg (9.63%), Vitamin B1: 0.14mg (9.19%), Vitamin K: 9.45µg (9%), Vitamin B12: 0.17µg (2.84%)