



## Shrimp-Curried Rice

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon curry powder
- 2 teaspoons sesame oil dark
- 2 tablespoons cilantro leaves fresh chopped
- 2 garlic cloves minced
- 0.5 cups ounce bag) rice instant uncooked (1 ()) (such as Success)
- 1 cup peas green frozen thawed
- 0.5 teaspoon salt
- 0.5 pound shrimp peeled

1 teaspoon vegetable oil

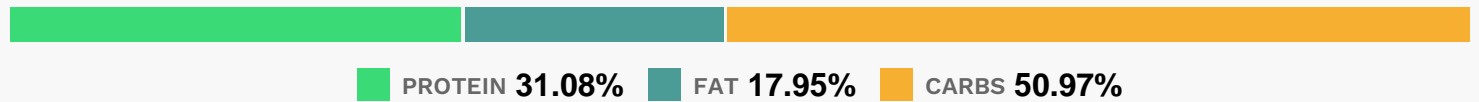
## Equipment

frying pan

## Directions

- Cook rice according to package directions, and cool.
- Heat the vegetable oil in a large nonstick skillet over medium-high heat.
- Add shrimp and garlic; saut 2 minutes.
- Add peas, curry, and salt, and stir-fry 1 minute. Stir in rice, and stir-fry 1 minute or until thoroughly heated.
- Sprinkle with cilantro and sesame oil.

## Nutrition Facts



## Properties

Glycemic Index:57.51, Glycemic Load:16.91, Inflammation Score:-5, Nutrition Score:11.57869553566%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 262.33kcal (13.12%), Fat: 5.24g (8.06%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 33.45g (11.15%), Net Carbohydrates: 29.58g (10.76%), Sugar: 2.86g (3.17%), Cholesterol: 121.71mg (40.57%), Sodium: 483mg (21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.4g (40.8%), Manganese: 0.68mg (34%), Phosphorus: 259.61mg (25.96%), Vitamin C: 20.26mg (24.55%), Copper: 0.47mg (23.58%), Vitamin K: 18µg (17.14%), Fiber: 3.87g (15.48%), Magnesium: 55.78mg (13.94%), Zinc: 2.06mg (13.7%), Potassium: 393.32mg (11.24%), Iron: 1.98mg (11.02%), Vitamin B1: 0.16mg (10.63%), Folate: 37.19µg (9.3%), Vitamin B6: 0.18mg (9.02%), Selenium: 6.16µg (8.79%), Calcium: 82.7mg (8.27%), Vitamin A: 407.64IU (8.15%), Vitamin B3: 1.59mg (7.95%), Vitamin B2: 0.09mg (5.13%), Vitamin E: 0.7mg (4.7%), Vitamin B5: 0.38mg (3.76%)