



Shrimp Curry



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings accompaniment: basmati rice cooked
- ☐ 1.5 teaspoons curry powder (preferably Madras)
- ☐ 2 inch ginger fresh peeled
- ☐ 1 tablespoon juice of lime fresh
- ☐ 4 servings garnish: lime wedges
- ☐ 1 large onion quartered
- ☐ 0.5 teaspoon salt
- ☐ 1 to 2 serrano chiles fresh halved lengthwise

- ☐ 1 lb shrimp in shell per lb)
- ☐ 0.5 teaspoon sugar
- ☐ 14 oz coconut milk unsweetened low fat canned (not)
- ☐ 0.3 cup vegetable oil
- ☐ 1 cup water

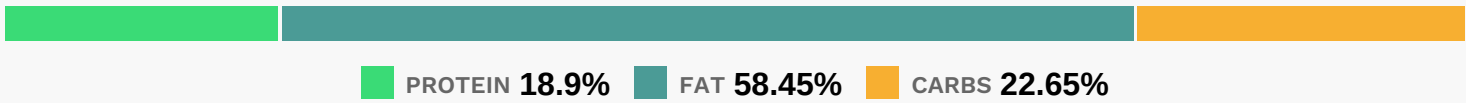
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Pulse onion and ginger in a food processor until finely chopped. Cook onion mixture with salt and sugar in oil in a 12-inch heavy skillet over moderate heat, stirring frequently, until onion begins to brown, about 5 minutes. Stir in curry powder and chiles and cook, stirring frequently, 2 minutes. Stir in water, coconut milk, and lime juice and simmer, stirring occasionally, until thickened, 5 to 8 minutes.
- ☐ While sauce simmers, peel shrimp (devein if desired) and season with salt and pepper.
- ☐ Add shrimp to sauce and simmer, stirring occasionally, until shrimp are just cooked through, about 3 minutes.
- ☐ Add salt to taste and serve immediately.

Nutrition Facts



Properties

Glycemic Index:64.52, Glycemic Load:25.15, Inflammation Score:-4, Nutrition Score:15.097391138906%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol:

0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg

Nutrients (% of daily need)

Calories: 571.63kcal (28.58%), Fat: 38.22g (58.8%), Saturated Fat: 23.23g (145.19%), Carbohydrates: 33.33g (11.11%), Net Carbohydrates: 29.78g (10.83%), Sugar: 5.66g (6.29%), Cholesterol: 182.57mg (60.86%), Sodium: 446.85mg (19.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.81g (55.62%), Manganese: 1.41mg (70.6%), Copper: 0.8mg (40.19%), Phosphorus: 391.85mg (39.19%), Vitamin K: 26.26µg (25.01%), Magnesium: 94.33mg (23.58%), Potassium: 678.88mg (19.4%), Zinc: 2.69mg (17.95%), Selenium: 12.43µg (17.76%), Iron: 2.72mg (15.14%), Fiber: 3.55g (14.22%), Calcium: 112.1mg (11.21%), Vitamin E: 1.5mg (9.98%), Vitamin C: 7.9mg (9.58%), Vitamin B6: 0.17mg (8.74%), Folate: 27.71µg (6.93%), Vitamin B3: 1.2mg (5.98%), Vitamin B5: 0.55mg (5.53%), Vitamin B1: 0.06mg (4.24%), Vitamin B2: 0.03mg (1.52%)