



Shrimp in Coconut Milk



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup canned tomatoes whole canned drained cut into 1/2-inch pieces from a 15-ounce can
- ☐ 0.1 teaspoon cayenne
- ☐ 0.8 cup cilantro leaves chopped
- ☐ 0.3 teaspoon cinnamon
- ☐ 0.3 cup cooking oil
- ☐ 2 tablespoons ginger fresh minced
- ☐ 4 cloves garlic minced
- ☐ 2 tablespoons ground coriander

- ☐ 0.3 teaspoon ground cumin
- ☐ 4 servings lime wedges for serving
- ☐ 2 onions chopped fine
- ☐ 1.3 teaspoons salt
- ☐ 1.5 pounds shrimp shelled
- ☐ 0.1 teaspoon turmeric
- ☐ 2.5 cups coconut milk unsweetened canned from two 15-ounce cans
- ☐ 0.5 cup water

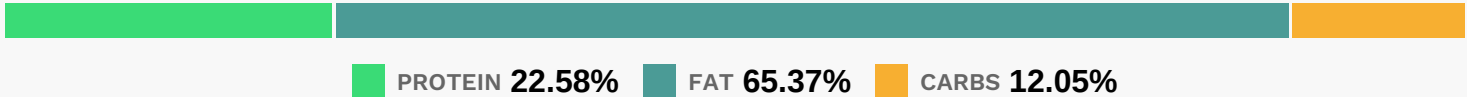
Equipment

- ☐ frying pan

Directions

- ☐ In a large frying pan, heat the oil over moderately high heat.
- ☐ Add the onions and cook, stirring frequently, until golden, about 5 minutes.
- ☐ Add the garlic and ginger and cook, stirring, for 2 minutes.
- ☐ Add the coriander, cumin, cinnamon, cayenne, and turmeric and cook, stirring, for 30 seconds.
- ☐ Add the tomatoes and cook, stirring, for 1 minute.
- ☐ Add the coconut milk, water, and salt and bring to a simmer. Reduce the heat and cook at a low boil, stirring frequently, until thickened, 5 to 10 minutes.
- ☐ Add the shrimp to the pan. Reduce the heat to low and bring to a simmer. Cook, stirring occasionally, until the shrimp are just done, 3 to 5 minutes.
- ☐ Remove from the heat and stir in the cilantro.
- ☐ Serve with the lime wedges.
- ☐ Wine Recommendation: Sparkling wines go well with a wide variety of dishes. For an unexpected treat with this exotic curry, serve a good-quality bubbly from California.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:2.78, Inflammation Score:-8, Nutrition Score:22.516086796056%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 12.81mg, Quercetin: 12.81mg, Quercetin: 12.81mg, Quercetin: 12.81mg

Nutrients (% of daily need)

Calories: 671.61kcal (33.58%), Fat: 51.34g (78.99%), Saturated Fat: 32.94g (205.88%), Carbohydrates: 21.29g (7.1%), Net Carbohydrates: 14.51g (5.28%), Sugar: 10.15g (11.28%), Cholesterol: 273.86mg (91.29%), Sodium: 1038.67mg (45.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.9g (79.79%), Manganese: 1.76mg (88.22%), Copper: 1.25mg (62.62%), Phosphorus: 568mg (56.8%), Magnesium: 145.04mg (36.26%), Potassium: 1181.76mg (33.76%), Iron: 4.92mg (27.31%), Fiber: 6.79g (27.15%), Zinc: 3.74mg (24.93%), Vitamin E: 3.56mg (23.72%), Vitamin K: 23.02µg (21.93%), Vitamin C: 16.65mg (20.18%), Calcium: 196.1mg (19.61%), Selenium: 11.1µg (15.85%), Vitamin B6: 0.26mg (12.87%), Folate: 44.84µg (11.21%), Vitamin B3: 2.09mg (10.47%), Vitamin B1: 0.13mg (8.4%), Vitamin A: 362.35IU (7.25%), Vitamin B5: 0.56mg (5.55%), Vitamin B2: 0.06mg (3.78%)