



Shrimp in Spicy Coconut Sauce

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 2 tablespoons cilantro leaves fresh for garnish
- ☐ 1 teaspoon garlic chopped
- ☐ 0.3 cup heavy cream
- ☐ 1 cup coconut milk light
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 0.3 teaspoon pepper flakes red

☐ 1 pound shrimp cooked

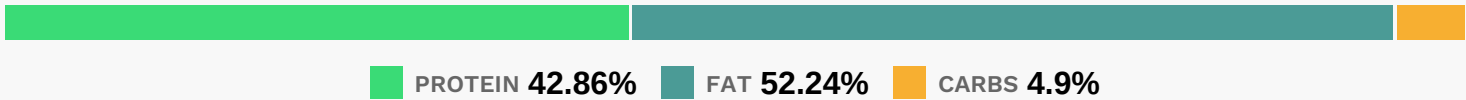
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a large frying pan over medium heat and cook the garlic until fragrant. Stir in coconut milk, chicken broth, red pepper flakes, and soy sauce. Bring to boil, reduce the heat, and simmer for 5 minutes.
- ☐ Stir in the cream and return to a simmer without boiling.
- ☐ Add cooked shrimp and heat through.
- ☐ Garnish with cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:5.2347825985888%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 224.87kcal (11.24%), Fat: 12.9g (19.84%), Saturated Fat: 7.15g (44.72%), Carbohydrates: 2.72g (0.91%), Net Carbohydrates: 2.64g (0.96%), Sugar: 0.48g (0.54%), Cholesterol: 199.38mg (66.46%), Sodium: 277.32mg (12.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.81g (47.61%), Phosphorus: 261.49mg (26.15%), Copper: 0.46mg (22.89%), Magnesium: 43.03mg (10.76%), Zinc: 1.6mg (10.7%), Potassium: 341.47mg (9.76%), Calcium: 85.64mg (8.56%), Vitamin E: 0.81mg (5.42%), Vitamin A: 269.29IU (5.39%), Iron: 0.71mg (3.93%), Vitamin K: 3.74µg (3.56%), Manganese: 0.06mg (3.18%), Vitamin B2: 0.04mg (2.39%), Vitamin D: 0.24µg (1.59%), Vitamin B3: 0.26mg (1.31%), Vitamin B6: 0.02mg (1.14%)