



Shrimp Korma and Basmati Rice

READY IN



30 min.

SERVINGS



6

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons butter
- ☐ 0.3 cup coconut milk
- ☐ 4 cups rice hot cooked
- ☐ 2 teaspoons madras curry powder
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 2 teaspoons garam masala
- ☐ 3 garlic cloves finely chopped

- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup peas green frozen
- ☐ 1 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt divided
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.3 cup tomatoes diced
- ☐ 2 cups vegetable broth organic
- ☐ 0.3 cup water

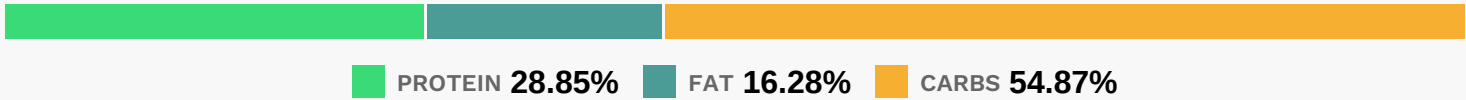
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium-high heat.
- ☐ Add bell pepper and onion to pan; saut 2 minutes.
- ☐ Add flour, ginger, and garlic; cook 1 minute, stirring constantly.
- ☐ Add curry powder, garam masala, and 1/4 teaspoon salt; cook 30 seconds, stirring. Stir in broth and 1/3 cup water; bring to a boil. Stir in milk and tomato; reduce heat, and simmer 5 minutes.
- ☐ Add peas, shrimp, and remaining salt; cook 5 minutes or until shrimp are done. Spoon about 2/3 cup rice into each of 6 bowls. Top each serving with about 1 cup shrimp mixture and 2 teaspoons yogurt.

Nutrition Facts



Properties

Glycemic Index:94.56, Glycemic Load:34.75, Inflammation Score:-7, Nutrition Score:12.278260909993%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 279.47kcal (13.97%), Fat: 5.06g (7.78%), Saturated Fat: 3.45g (21.54%), Carbohydrates: 38.33g (12.78%), Net Carbohydrates: 36.31g (13.2%), Sugar: 3.66g (4.07%), Cholesterol: 125.5mg (41.83%), Sodium: 622.29mg (27.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.16g (40.32%), Vitamin C: 36.82mg (44.63%), Manganese: 0.76mg (38.18%), Phosphorus: 260.65mg (26.07%), Copper: 0.44mg (21.86%), Vitamin A: 1091.66IU (21.83%), Magnesium: 56.6mg (14.15%), Selenium: 9.45µg (13.5%), Zinc: 1.93mg (12.87%), Vitamin B6: 0.24mg (11.9%), Potassium: 411.55mg (11.76%), Calcium: 95.58mg (9.56%), Iron: 1.58mg (8.79%), Fiber: 2.02g (8.09%), Folate: 29.55µg (7.39%), Vitamin B5: 0.62mg (6.22%), Vitamin B1: 0.09mg (5.75%), Vitamin B3: 1.08mg (5.42%), Vitamin B2: 0.08mg (4.99%), Vitamin E: 0.67mg (4.45%), Vitamin K: 4.09µg (3.9%), Vitamin B12: 0.07µg (1.09%)