

Shrimp Vindaloo



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chicken stock see unsalted
- ☐ 4 servings garnish: cilantro fresh
- ☐ 4 servings rice hot cooked
- ☐ 2 teaspoons garam masala
- ☐ 2 cups slow cooker marinara
- ☐ 1 teaspoon paprika hot
- ☐ 1 pound potatoes red quartered
- ☐ 1 pound shrimp deveined peeled

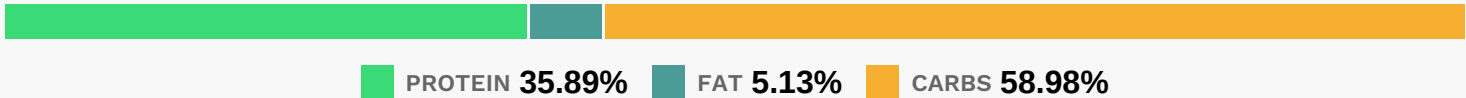
Equipment

☐ sauce pan

Directions

- ☐ Bring marinara, chicken stock, garam masala, paprika, and potatoes to a boil in a large saucepan. Cover, reduce heat, and simmer 15 minutes.
- ☐ Add shrimp; cover and cook for 6 minutes.
- ☐ Serve over rice, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:26.03, Inflammation Score:-7, Nutrition Score:16.62217405568%

Flavonoids

Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 324.1kcal (16.21%), Fat: 1.88g (2.89%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 48.56g (16.19%), Net Carbohydrates: 44.11g (16.04%), Sugar: 6.39g (7.1%), Cholesterol: 183.47mg (61.16%), Sodium: 780.77mg (33.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.55g (59.1%), Copper: 0.81mg (40.54%), Phosphorus: 388.61mg (38.86%), Potassium: 1250.23mg (35.72%), Manganese: 0.71mg (35.48%), Magnesium: 94.61mg (23.65%), Vitamin C: 18.42mg (22.33%), Vitamin B6: 0.42mg (20.77%), Fiber: 4.45g (17.78%), Zinc: 2.61mg (17.43%), Vitamin B3: 3.36mg (16.79%), Iron: 2.92mg (16.23%), Vitamin A: 792.28IU (15.85%), Vitamin E: 1.96mg (13.09%), Selenium: 7.92µg (11.31%), Calcium: 111.08mg (11.11%), Vitamin B5: 1.02mg (10.16%), Vitamin B1: 0.15mg (9.95%), Vitamin B2: 0.16mg (9.23%), Folate: 35.61µg (8.9%), Vitamin K: 7.49µg (7.13%)