






 **83%**  
HEALTH SCORE

# Shrimp with Coconut-Curry Tomato Sauce

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN  
  
**45 min.**

SERVINGS  
  
**4**

CALORIES  
  
**956 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 28 canned tomatoes italian peeled drained chopped canned
- 3 tablespoons canola oil
- 0.3 cup very cilantro coarsely chopped
- 1.5 tablespoons mild curry powder
- 0.5 tablespoon ginger fresh minced
- 1 garlic clove very finely chopped
- 1 jalapeño minced seeded
- 1 medium onion thinly sliced

- 4 servings salt and pepper freshly ground
- 1.3 pounds shrimp shelled deveined
- 1 teaspoon sugar
- 14 ounce coconut milk unsweetened canned

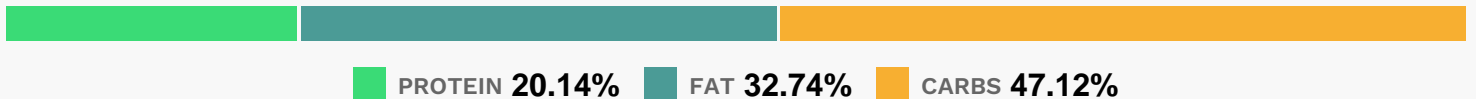
## Equipment

- frying pan
- sauce pan

## Directions

- In a medium saucepan, heat 2 tablespoons of the peanut oil until shimmering.
- Add the onion, garlic, jalapeo and ginger and cook over moderately high heat, stirring, until softened, about 5 minutes.
- Add the curry powder and cook until fragrant.
- Add the tomatoes and their juices, the coconut milk and sugar, season with salt and pepper and bring to a boil. Simmer over moderate heat, stirring occasionally, until slightly thickened, 15 minutes.
- In a large skillet, heat the remaining 1 tablespoon of peanut oil until almost smoking.
- Add the shrimp in a single layer and cook over moderately high heat, turning once, until lightly browned but not cooked through, about 2 minutes.
- Add the coconut-curry sauce to the skillet and simmer until it is thickened and the shrimp are just cooked through, 3 to 4 minutes. Stir in the cilantro and serve.
- Serve With: Steamed white or brown rice and lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:52.77, Glycemic Load:1.43, Inflammation Score:-10, Nutrition Score:74.007826017297%

## Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 20.69mg, Quercetin: 20.69mg, Quercetin: 20.69mg

## **Nutrients (% of daily need)**

Calories: 955.83kcal (47.79%), Fat: 38.95g (59.92%), Saturated Fat: 22.44g (140.24%), Carbohydrates: 126.12g (42.04%), Net Carbohydrates: 93.79g (34.11%), Sugar: 74.19g (82.43%), Cholesterol: 228.21mg (76.07%), Sodium: 4494.55mg (195.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.91g (107.82%), Vitamin C: 277.33mg (336.16%), Potassium: 6139.39mg (175.41%), Iron: 31.04mg (172.45%), Manganese: 3.33mg (166.28%), Vitamin B6: 3.31mg (165.6%), Vitamin E: 22.2mg (148.02%), Copper: 2.84mg (142.03%), Fiber: 32.33g (129.31%), Vitamin B3: 21.42mg (107.08%), Magnesium: 412.61mg (103.15%), Calcium: 1018.26mg (101.83%), Phosphorus: 967.86mg (96.79%), Vitamin B2: 1.6mg (94.2%), Vitamin K: 97.14µg (92.51%), Vitamin B1: 1.34mg (89.51%), Vitamin A: 3494.1IU (69.88%), Folate: 256.41µg (64.1%), Zinc: 6.75mg (45.01%), Vitamin B5: 3.63mg (36.33%), Selenium: 9.69µg (13.85%)