



# Spicy Coconut Shrimp with Spicy Mango Basil Salsa and Lime Jasmine Rice

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 5 basil leaves julienned
- 0.3 cup coconut milk
- 0.8 cup coconut milk
- 2 tablespoons brown sugar dark
- 1 handful basil leaves
- 3 cloves garlic thinly sliced
- 0.5 inch ginger grated peeled

- 2 jalapeños fresh sliced
- 1 cup jasmine rice
- 1 juice of lime juiced
- 4 servings kosher salt and pepper black freshly ground
- 0.5 lime zest
- 1 mangos diced peeled finely
- 15 grinds pepper
- 0.5 teaspoon salt
- 1 pinch salt
- 3 scallions sliced
- 1 pound shrimp deveined peeled
- 2 tablespoons soya sauce
- 2 tablespoons vegetable oil
- 0.8 cup water

## Equipment

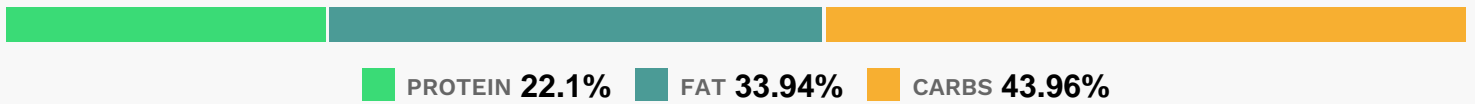
- frying pan
- sauce pan
- mixing bowl
- tongs

## Directions

- Combine all ingredients together in a mixing bowl. Make up to a day in advance. Keep covered in the refrigerator.
- For the shrimp: In a mixing bowl, combine jalapenos, garlic, ginger, brown sugar, soy sauce, lime zest, coconut milk, basil, vegetable oil, salt and pepper.
- Add the shrimp and marinate for at least 30 minutes and up to 4 hours, refridgerated.
- Heat a nonstick skillet over high heat. Use tongs or a fork to remove the shrimp from the marinade and place in an even layer in the pan, reserving the marinade.

- Cook the shrimp until well browned on each side, turning once, about 3 to 4 minutes total.
- Transfer cooked shrimp to a serving plate.
- Add reserved marinade to pan, bring to a boil and cook until slightly thickened, about 5 minutes.
- Pour over the cooked shrimp and serve with Lime Jasmine Rice and Mango Salsa.
- Put the rice, coconut milk, water, and salt in a saucepan and bring to a simmer. Cover and gently simmer until liquid is absorbed, about 12 to 15 minutes. Fluff with a fork and stir in the lime zest.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:166.73, Glycemic Load:28.59, Inflammation Score:-7, Nutrition Score:19.516956515934%

### Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 4.27mg, Hesperetin: 4.27mg, Hesperetin: 4.27mg, Hesperetin: 4.27mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

### Nutrients (% of daily need)

Calories: 519.11kcal (25.96%), Fat: 20.16g (31.01%), Saturated Fat: 12.04g (75.25%), Carbohydrates: 58.73g (19.58%), Net Carbohydrates: 55.48g (20.17%), Sugar: 13.95g (15.5%), Cholesterol: 182.57mg (60.86%), Sodium: 955.41mg (41.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.52g (59.04%), Manganese: 1.62mg (81.1%), Vitamin K: 45.24µg (43.08%), Vitamin C: 35.01mg (42.44%), Copper: 0.83mg (41.64%), Phosphorus: 387.37mg (38.74%), Magnesium: 99.12mg (24.78%), Iron: 3.82mg (21.25%), Potassium: 717.21mg (20.49%), Zinc: 2.58mg (17.17%), Vitamin A: 807.07IU (16.14%), Calcium: 143.86mg (14.39%), Fiber: 3.25g (13%), Vitamin B6: 0.26mg (12.85%), Selenium: 8.08µg (11.54%), Folate: 46.11µg (11.53%), Vitamin B3: 2.05mg (10.24%), Vitamin E: 1.46mg (9.73%), Vitamin B5: 0.83mg (8.26%), Vitamin B1: 0.09mg (5.73%), Vitamin B2: 0.08mg (4.79%)