



Spicy Garlic Shrimp with Coconut Rice



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



3

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups rice long grain white
- ☐ 1 pound shrimp (20 large)
- ☐ 6 large garlic cloves
- ☐ 1.5 cup water
- ☐ 3 servings salt
- ☐ 1 jalapeno julienned seeded
- ☐ 1 juice of lemon white finely sliced (or 2 inches of tender end of lemongrass,)
- ☐ 1 tablespoon olive oil extra virgin

- ☐ 5.6 ounces coconut milk canned (full fat)
- ☐ 0.5 teaspoon chili sauce red to taste ()

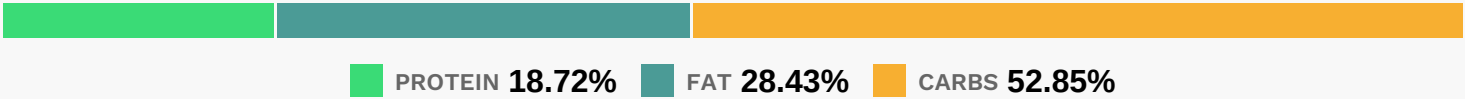
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Cook the rice: Put 1 1/2 cups of long-grain rice, 2 1/2 cups of water, and 1 teaspoon of salt into a medium-sized, thick-bottomed pot and bring to a boil. Cover the pot and lower the heat to the lowest setting and cook for 15 minutes.
- ☐ Remove from heat and let sit, covered, for 10 minutes.
- ☐ While the rice cooks, continue with the recipe.
- ☐ Marinate the shrimp: Pulse garlic, water, and 1/2 teaspoon salt in a blender, just a few pulses, so you can still see chunks of garlic.
- ☐ Pour over shrimp to marinate. Marinate for 10 minutes.
- ☐ Strain and season the shrimp: Strain the water from the shrimp and garlic mixture.
- ☐ Add the lime juice (or finely sliced lemongrass), jalapeño, and 1/2 teaspoon of salt to the shrimp mixture.
- ☐ Heat 1 tablespoon olive oil in high heat in large sauté pan.
- ☐ Add shrimp. Cook one minute.
- ☐ Add 1 small can of coconut milk. Cook 30 seconds more.
- ☐ Mix in a teaspoon red chili powder or sauce.
- ☐ Make the coconut rice: When the rice is done cooking, transfer it to a large bowl.
- ☐ Mix in the second can of coconut milk to the cooked rice. Taste and add additional salt if needed.
- ☐ Serve shrimp on rice.
- ☐ Garnish with chopped fresh cilantro (optional).

Nutrition Facts



Properties

Glycemic Index:41.06, Glycemic Load:45.13, Inflammation Score:-5, Nutrition Score:22.479130195535%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 621.68kcal (31.08%), Fat: 19.5g (30%), Saturated Fat: 12.17g (76.06%), Carbohydrates: 81.56g (27.19%), Net Carbohydrates: 78.78g (28.65%), Sugar: 2.32g (2.58%), Cholesterol: 190.51mg (63.5%), Sodium: 1074.97mg (46.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.9g (57.79%), Selenium: 62.95µg (89.93%), Manganese: 1.65mg (82.39%), Phosphorus: 541.01mg (54.1%), Copper: 0.66mg (33.23%), Vitamin B12: 1.68µg (27.97%), Vitamin B6: 0.52mg (25.87%), Vitamin B3: 4.73mg (23.63%), Vitamin E: 3.17mg (21.13%), Magnesium: 80.65mg (20.16%), Zinc: 2.94mg (19.6%), Vitamin B5: 1.57mg (15.69%), Vitamin C: 11.89mg (14.41%), Potassium: 470.33mg (13.44%), Calcium: 133.65mg (13.36%), Iron: 2.13mg (11.85%), Folate: 47.13µg (11.78%), Fiber: 2.78g (11.12%), Vitamin A: 426.84IU (8.54%), Vitamin B1: 0.13mg (8.4%), Vitamin B2: 0.08mg (4.85%), Vitamin K: 4.79µg (4.56%), Vitamin D: 0.15µg (1.01%)