



WHATSheATE



Spicy Green Curry–Cilantro Shrimp



Gluten Free



Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon curry paste green
- ☐ 1 cup coconut milk light
- ☐ 2 tablespoons juice of lime fresh (1 lime)
- ☐ 4 servings lime wedges
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled

☐ 2 tablespoons sugar

Equipment

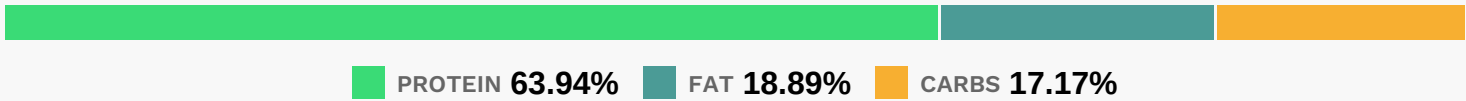
☐ frying pan

☐ whisk

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add shrimp; cook 3 minutes, stirring occasionally.
- ☐ While shrimp cook, combine coconut milk and next 5 ingredients, stirring with a whisk until smooth.
- ☐ Add to shrimp in pan; bring to a boil. Reduce heat; simmer 5 minutes or until slightly thickened.
- ☐ Sprinkle with cilantro; serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:33.52, Glycemic Load:4.22, Inflammation Score:-4, Nutrition Score:6.9104348932919%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 218.05kcal (10.9%), Fat: 4.5g (6.93%), Saturated Fat: 3.62g (22.62%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 8.98g (3.26%), Sugar: 6.41g (7.12%), Cholesterol: 273.86mg (91.29%), Sodium: 390.38mg (16.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.31g (68.63%), Phosphorus: 365.94mg (36.59%), Copper: 0.67mg (33.58%), Zinc: 2.29mg (15.3%), Magnesium: 60.56mg (15.14%), Vitamin A: 684.85IU (13.7%), Potassium: 465.96mg (13.31%), Calcium: 116.55mg (11.65%), Iron: 1.02mg (5.69%), Vitamin K: 4.18µg (3.99%), Vitamin C: 3.22mg (3.9%), Manganese: 0.06mg (3.21%)