



Spicy Mango Shrimp



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup basil fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 cups mangos fresh cubed (preferably unripe)
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon pepper red
- ☐ 12 oz shrimp deveined peeled per lb.)
- ☐ 2 tablespoons soya sauce

- ☐ 0.3 cup coconut shredded unsweetened toasted
- ☐ 3 tablespoons vegetable oil

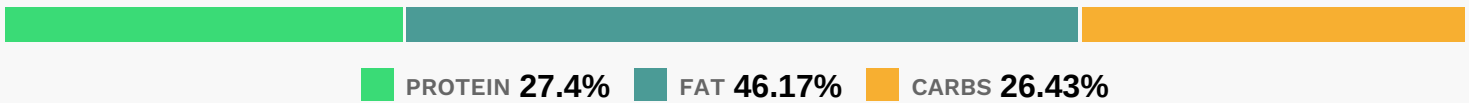
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large frying pan over medium heat and saut onion in oil until golden brown, about 5 minutes.
- ☐ Add garlic, chile flakes, basil, soy sauce, lime juice, and shrimp; cook, stirring often, until shrimp turn pink, 3 to 5 minutes.
- ☐ Add mango and cook until warm.
- ☐ Sprinkle with toasted coconut and serve with steamed jasmine rice.

Nutrition Facts



Properties

Glycemic Index:48.44, Glycemic Load:6.77, Inflammation Score:-8, Nutrition Score:12.679130502369%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 276.99kcal (13.85%), Fat: 14.85g (22.84%), Saturated Fat: 5.08g (31.73%), Carbohydrates: 19.13g (6.38%), Net Carbohydrates: 15.84g (5.76%), Sugar: 13.7g (15.22%), Cholesterol: 136.93mg (45.64%), Sodium: 617.17mg

(26.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.83g (39.66%), Vitamin C: 35.21mg (42.68%), Vitamin K: 35.43µg (33.74%), Copper: 0.52mg (26.01%), Vitamin A: 1201.96IU (24.04%), Phosphorus: 234.83mg (23.48%), Manganese: 0.4mg (20.24%), Potassium: 501.17mg (14.32%), Magnesium: 54.19mg (13.55%), Fiber: 3.29g (13.15%), Vitamin E: 1.83mg (12.23%), Folate: 47.82µg (11.95%), Vitamin B6: 0.22mg (10.84%), Zinc: 1.5mg (10.02%), Calcium: 86.22mg (8.62%), Iron: 1.28mg (7.1%), Vitamin B3: 1.09mg (5.45%), Vitamin B2: 0.07mg (4.17%), Vitamin B1: 0.06mg (3.77%), Vitamin B5: 0.32mg (3.16%), Selenium: 2.17µg (3.1%)