



WHATSheATE



Spicy Mango Shrimp



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



142 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings coconut sweetened flaked toasted
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 garlic clove minced
- ☐ 1 cup spring onion chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup mangos fresh chopped
- ☐ 3 tablespoons olive oil divided

- ☐ 1.5 pounds shrimp raw peeled ()
- ☐ 1 cup bell pepper diced red
- ☐ 0.5 tsp pepper dried red crushed
- ☐ 8 servings lime
- ☐ 0.3 cup soya sauce

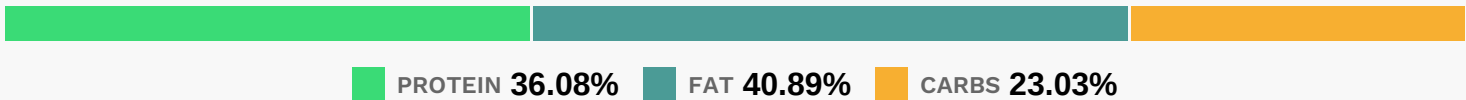
Equipment

- ☐ frying pan

Directions

- ☐ Prepare Coconut-Lime Rice.
- ☐ Meanwhile, saut half of shrimp in 1 Tbsp. hot oil in a large skillet over medium-high heat 2 to 3 minutes or just until shrimp turn pink.
- ☐ Remove shrimp from skillet. Repeat procedure with 1 Tbsp. hot oil and remaining shrimp.
- ☐ Saut onions and next 4 ingredients in remaining 1 Tbsp. hot oil over medium-high heat 1 minute. Stir in mango and next 3 ingredients, and cook 1 minute; stir in shrimp.
- ☐ Serve over hot cooked Coconut-Lime Rice; top with toasted coconut.

Nutrition Facts



Properties

Glycemic Index:29.97, Glycemic Load:2.17, Inflammation Score:-7, Nutrition Score:12.858260862205%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 3.35mg, Hesperetin: 3.35mg, Hesperetin: 3.35mg, Hesperetin: 3.35mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 142.24kcal (7.11%), Fat: 6.6g (10.16%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 6.86g (2.49%), Sugar: 4.61g (5.12%), Cholesterol: 107.16mg (35.72%), Sodium: 895mg (38.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.11g (26.21%), Vitamin C: 37.27mg (45.18%), Selenium: 25.79µg (36.84%), Vitamin K: 32.83µg (31.27%), Phosphorus: 234.14mg (23.41%), Vitamin A: 1160.27IU (23.21%), Vitamin E: 2.51mg (16.76%), Vitamin B12: 0.94µg (15.73%), Vitamin B6: 0.26mg (12.83%), Vitamin B3: 2.24mg (11.21%), Folate: 44.33µg (11.08%), Copper: 0.22mg (10.81%), Magnesium: 30.52mg (7.63%), Manganese: 0.14mg (7.22%), Potassium: 246.79mg (7.05%), Zinc: 1.01mg (6.72%), Calcium: 65.19mg (6.52%), Fiber: 1.5g (6.02%), Iron: 0.79mg (4.38%), Vitamin B5: 0.43mg (4.31%), Vitamin B2: 0.06mg (3.69%), Vitamin B1: 0.05mg (3.3%)