



Spicy Shrimp (Chingri Maach)

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



3

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cilantro leaves
- 0.5 teaspoon garam masala
- 1 teaspoon ginger/garlic paste
- 2 chile peppers green minced seeded
- 0.5 teaspoon ground turmeric
- 2 onions chopped
- 3 servings salt to taste
- 1 pound shrimp deveined peeled

- 1 tomatoes chopped
- 2 tablespoons vegetable oil

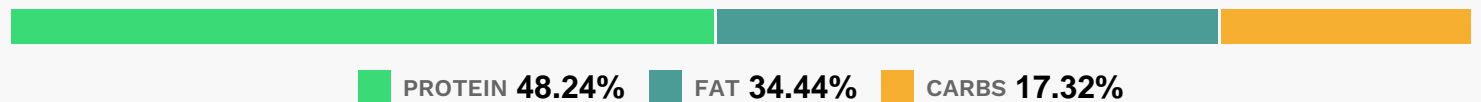
Equipment

- frying pan

Directions

- Heat oil over medium-high heat in a large skillet, and cook and stir onions until golden brown, about 8 minutes. Stir in tomato and cook for 2 minutes. Stir in garlic paste, turmeric, garam masala, green chile peppers, and salt, and cook for 2 minutes more.
- Reduce heat to low, add the shrimp, and cook and stir over low heat until the shrimp are bright pink on the outside and the meat is no longer transparent in the center, about 8 minutes.
- Add a small amount of water if needed; the sauce should be thick.
- Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:2.1, Inflammation Score:-10, Nutrition Score:10.504782640416%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg

Nutrients (% of daily need)

Calories: 258.78kcal (12.94%), Fat: 10.08g (15.51%), Saturated Fat: 1.59g (9.94%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 8.47g (3.08%), Sugar: 5.23g (5.81%), Cholesterol: 243.43mg (81.14%), Sodium: 479.85mg (20.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.78g (63.56%), Phosphorus: 358.75mg (35.88%), Copper: 0.65mg (32.71%), Vitamin K: 24.41µg (23.25%), Vitamin C: 15.61mg (18.92%), Potassium: 625.48mg (17.87%), Magnesium: 66.17mg (16.54%), Zinc: 2.26mg (15.08%), Manganese: 0.25mg (12.57%), Calcium: 122.37mg (12.24%),

Fiber: 2.93g (11.74%), Vitamin A: 433.12IU (8.66%), Vitamin B6: 0.15mg (7.47%), Iron: 1.24mg (6.91%), Vitamin E: 1.02mg (6.82%), Folate: 21.09µg (5.27%), Vitamin B1: 0.05mg (3.58%), Vitamin B2: 0.03mg (1.9%), Vitamin B3: 0.37mg (1.86%), Vitamin B5: 0.14mg (1.44%)