



Thai Coconut Curry Shrimp



Gluten Free



Dairy Free

READY IN



19 min.

SERVINGS



2

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon canola oil
- ☐ 2 teaspoons fish sauce
- ☐ 1 tablespoon basil fresh chopped
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 cup coconut milk light
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon curry paste red (such as Thai Kitchen)
- ☐ 12 ounces shrimp deveined peeled

☐

1 teaspoon sugar

Equipment

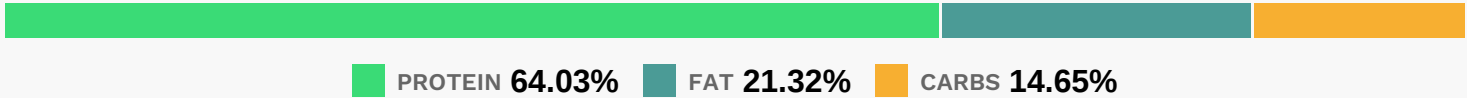
☐

frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium–high heat.
- ☐ Add onion and curry paste to pan, and saut 1 minute, stirring occasionally. Stir in sugar; saut 15 seconds.
- ☐ Add shrimp; saut 3 minutes or until shrimp are done, stirring frequently. Stir in coconut milk and fish sauce; cook 30 seconds or until thoroughly heated.
- ☐ Remove from heat; stir in green onions and basil.

Nutrition Facts



Properties

Glycemic Index:99.55, Glycemic Load:2.42, Inflammation Score:-4, Nutrition Score:9.4604348682839%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg

Nutrients (% of daily need)

Calories: 220.79kcal (11.04%), Fat: 5.21g (8.02%), Saturated Fat: 2.58g (16.12%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 7.01g (2.55%), Sugar: 4.25g (4.72%), Cholesterol: 273.86mg (91.29%), Sodium: 704.86mg (30.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.2g (70.41%), Phosphorus: 381.21mg (38.12%), Copper: 0.7mg (34.9%), Vitamin K: 31.61µg (30.11%), Magnesium: 77.17mg (19.29%), Zinc: 2.42mg (16.11%), Potassium: 562.23mg (16.06%), Calcium: 132.31mg (13.23%), Manganese: 0.15mg (7.66%), Iron: 1.25mg (6.94%), Vitamin C: 5.57mg (6.75%), Vitamin A: 277.33IU (5.55%), Folate: 19.34µg (4.84%), Fiber: 1.04g (4.18%), Vitamin B6: 0.08mg (4.05%), Vitamin E: 0.43mg (2.9%), Vitamin B1: 0.03mg (1.76%), Vitamin B2: 0.03mg (1.49%), Vitamin B3: 0.26mg (1.3%), Selenium: 0.84µg (1.19%)