



Thai Green Curry Prawns

 **Gluten Free**  **Dairy Free**

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 ounce baby corns drained canned
- ☐ 14 ounce coconut milk canned
- ☐ 0.3 cup corn oil
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger root fresh minced
- ☐ 0.5 pound green beans fresh trimmed
- ☐ 4 teaspoons garlic minced
- ☐ 2 chile peppers green chopped

- ☐ 1.5 teaspoons ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 juice of lime juiced
- ☐ 3 stalks lemon grass minced
- ☐ 1 lime zest
- ☐ 0.8 pound shrimp deveined peeled per pound
- ☐ 1 tablespoon soya sauce

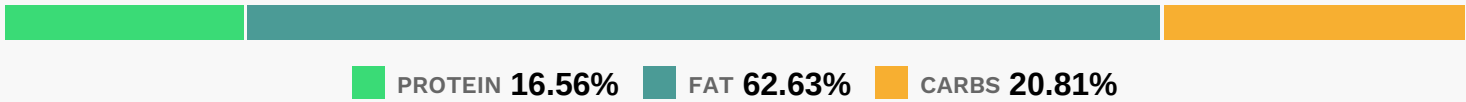
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Place cumin, coriander, ginger, garlic, green chile peppers, lemon grass, cilantro, lime juice, lime zest, and 2 tablespoons of corn oil in a food processor. Blend to a smooth, thick paste. Set aside.
- ☐ Heat 1/4 cup of corn oil in a large skillet over medium-high heat. Cook and stir green beans and baby corn for about 30 seconds. Stir in the paste, soy sauce, and coconut milk and bring to a boil. Reduce heat to medium and simmer for 5 to 7 minutes, then add the shrimp. Cook the shrimp until they are bright pink on the outside and the meat is no longer transparent in the center, 3 to 5 minutes. If the sauce becomes too thick, stir in some water.

Nutrition Facts



Properties

Glycemic Index:57.63, Glycemic Load:7, Inflammation Score:-7, Nutrition Score:20.4626089179%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 8.55mg, Hesperetin: 8.55mg, Hesperetin: 8.55mg, Hesperetin: 8.55mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg,

Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 527.51kcal (26.38%), Fat: 39.25g (60.38%), Saturated Fat: 22.31g (139.43%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 22.67g (8.24%), Sugar: 8.85g (9.84%), Cholesterol: 136.93mg (45.64%), Sodium: 449.63mg (19.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.34g (46.69%), Manganese: 1.84mg (91.94%), Phosphorus: 373.44mg (37.34%), Copper: 0.74mg (36.81%), Vitamin K: 34.98µg (33.31%), Vitamin C: 26.35mg (31.94%), Magnesium: 109.55mg (27.39%), Fiber: 6.69g (26.75%), Potassium: 879mg (25.11%), Iron: 4.39mg (24.39%), Zinc: 2.64mg (17.62%), Vitamin E: 2.62mg (17.48%), Folate: 59.22µg (14.8%), Vitamin B6: 0.26mg (12.78%), Vitamin A: 631.67IU (12.63%), Calcium: 122.86mg (12.29%), Vitamin B3: 2.44mg (12.19%), Selenium: 7.45µg (10.64%), Vitamin B1: 0.15mg (9.86%), Vitamin B5: 0.81mg (8.08%), Vitamin B2: 0.12mg (7.29%)