



Thai Red Curry Shrimp



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons butter
- ☐ 4 teaspoons t brown sugar dark
- ☐ 1.5 tablespoons fish sauce
- ☐ 1 cup jasmine rice uncooked
- ☐ 0.3 teaspoon kosher salt
- ☐ 14 ounce lite coconut milk light canned
- ☐ 2 teaspoons juice of lime fresh
- ☐ 1 bell pepper red seeded thinly sliced

- ☐ 1 tablespoon curry paste red
- ☐ 1.3 pounds shrimp deveined peeled
- ☐ 1.8 cups water

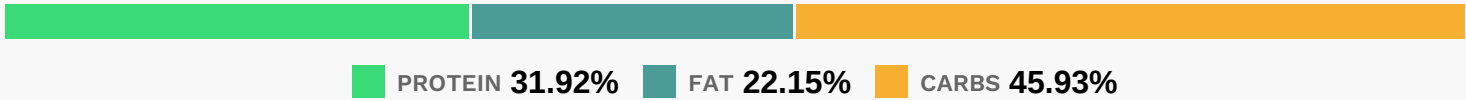
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Bring first 4 ingredients to a boil in a saucepan. Cover, reduce heat, and simmer 15 minutes.
- ☐ Remove from heat; let stand 10 minutes. Fluff with a fork.
- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add shrimp; saut 3 minutes or until done.
- ☐ Remove shrimp from pan; keep warm. Spoon coconut cream (the thick part from top of the can) into pan using a slotted spoon.
- ☐ Add curry paste; cook 2 minutes or until liquid almost evaporates, stirring constantly.
- ☐ Stir in remaining coconut milk, fish sauce, and sugar. Reduce heat to medium; simmer 10 minutes or until sauce thickens, stirring frequently.
- ☐ Add bell pepper; toss to coat. Increase heat to medium-high; cook 5 minutes or until crisp-tender.
- ☐ Add shrimp; cook 1 minute or until thoroughly heated.
- ☐ Remove from heat; stir in lime juice. Spoon 1 cup rice onto each of 4 plates; top each serving with 1 cup shrimp mixture.

Nutrition Facts



Properties

Glycemic Index:35.8, Glycemic Load:22.63, Inflammation Score:-8, Nutrition Score:13.346087134403%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 420.14kcal (21.01%), Fat: 10.03g (15.43%), Saturated Fat: 8.25g (51.59%), Carbohydrates: 46.79g (15.6%), Net Carbohydrates: 45.42g (16.51%), Sugar: 5.74g (6.38%), Cholesterol: 233.59mg (77.86%), Sodium: 952.57mg (41.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.52g (65.04%), Vitamin C: 39.18mg (47.49%), Phosphorus: 365.84mg (36.58%), Copper: 0.68mg (34.18%), Vitamin A: 1586.63IU (31.73%), Manganese: 0.6mg (30.12%), Magnesium: 78.21mg (19.55%), Zinc: 2.51mg (16.72%), Potassium: 518.49mg (14.81%), Calcium: 121.37mg (12.14%), Selenium: 7.7µg (11.01%), Vitamin B6: 0.19mg (9.59%), Iron: 1.42mg (7.87%), Vitamin B3: 1.2mg (5.98%), Vitamin B5: 0.58mg (5.82%), Fiber: 1.37g (5.5%), Folate: 21.19µg (5.3%), Vitamin E: 0.58mg (3.9%), Vitamin B1: 0.05mg (3.33%), Vitamin B2: 0.05mg (3.12%), Vitamin K: 1.69µg (1.61%)