



## Thai Seared Shrimp with Tomato, Basil and Coconut

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon vegetable oil
- 1 lb shrimp frozen thawed deveined uncooked peeled
- 1 cup onion red sliced
- 1 teaspoons curry paste green red
- 14.5 oz canned tomatoes diced fire roasted organic drained canned
- 1 tablespoon juice of lime
- 2 teaspoons brown sugar packed

- 0.5 cup cream of coconut (not cream of coconut)
- 0.3 cup basil fresh chopped
- 1 serving rice hot cooked

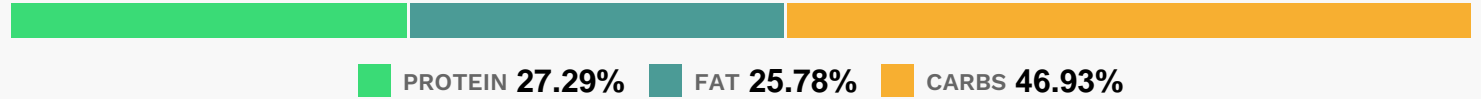
## Equipment

- frying pan

## Directions

- In 10-inch skillet, heat oil over medium-high heat. Cook shrimp and onion in oil 2 minutes, stirring constantly. Stir in curry paste; cook 1 minute.
- Stir in tomatoes, lime juice and brown sugar.
- Heat to boiling. Reduce heat; simmer 1 minute. Stir in coconut milk and basil.
- Heat over low heat until hot.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:51.5, Glycemic Load:6.81, Inflammation Score:-5, Nutrition Score:7.5747826462207%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

## Nutrients (% of daily need)

Calories: 362.29kcal (18.11%), Fat: 10.35g (15.92%), Saturated Fat: 6.25g (39.09%), Carbohydrates: 42.37g (14.12%), Net Carbohydrates: 39.5g (14.36%), Sugar: 30.84g (34.27%), Cholesterol: 182.57mg (60.86%), Sodium: 314.22mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.64g (49.28%), Phosphorus: 264.21mg (26.42%), Copper: 0.48mg (24.02%), Vitamin A: 689.74IU (13.79%), Calcium: 121.17mg (12.12%), Vitamin K: 12.66µg (12.06%),

Magnesium: 47.5mg (11.87%), Fiber: 2.87g (11.47%), Zinc: 1.7mg (11.33%), Potassium: 376.16mg (10.75%), Manganese: 0.2mg (10.07%), Vitamin C: 6.31mg (7.65%), Iron: 1.37mg (7.59%), Vitamin B6: 0.07mg (3.55%), Selenium: 1.71µg (2.45%), Folate: 9.61µg (2.4%), Vitamin E: 0.31mg (2.1%), Vitamin B1: 0.02mg (1.59%), Vitamin B5: 0.14mg (1.37%)