



Thai Seared Shrimp with Tomato, Basil and Coconut

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons brown sugar packed
- 0.5 cup cream of coconut (not cream of coconut)
- 4 servings rice hot cooked
- 14.5 oz canned tomatoes diced fire roasted organic drained canned
- 0.3 cup basil fresh chopped
- 1 tablespoon juice of lime
- 1 cup onion red sliced

- 1 lb shrimp frozen thawed deveined uncooked peeled
- 1 teaspoons curry paste green red
- 1 tablespoon vegetable oil

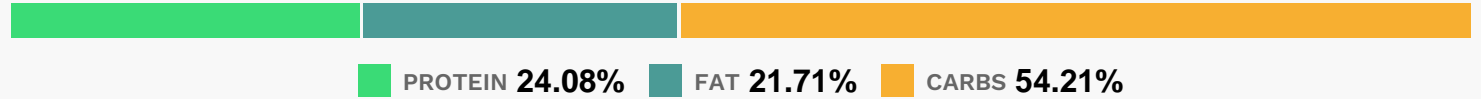
Equipment

- 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:24.75, Inflammation Score:-6, Nutrition Score:9.2930434475774%

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: 439.31kcal (21.97%), Fat: 10.51g (16.17%), Saturated Fat: 6.3g (39.38%), Carbohydrates: 59.06g (19.69%), Net Carbohydrates: 55.95g (20.35%), Sugar: 30.87g (34.3%), Cholesterol: 182.57mg (60.86%), Sodium: 314.81mg (13.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.23g (52.47%), Phosphorus: 289.69mg (28.97%), Copper: 0.52mg (26.06%), Manganese: 0.48mg (24.05%), Vitamin A: 689.74IU (13.79%), Magnesium: 54.61mg

(13.65%), Zinc: 1.99mg (13.27%), Calcium: 127.09mg (12.71%), Fiber: 3.1g (12.42%), Vitamin K: 12.66µg (12.06%), Potassium: 396.89mg (11.34%), Selenium: 6.16µg (8.8%), Iron: 1.48mg (8.25%), Vitamin C: 6.31mg (7.65%), Vitamin B6: 0.13mg (6.3%), Vitamin B5: 0.37mg (3.68%), Folate: 11.39µg (2.85%), Vitamin B1: 0.04mg (2.38%), Vitamin E: 0.34mg (2.25%), Vitamin B3: 0.38mg (1.92%), Vitamin B2: 0.02mg (1.34%)