



Thai Seared Shrimp with Tomato, Basil and Coconut



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons brown sugar packed
- ☐ 0.5 cup cream of coconut (not cream of coconut)
- ☐ 14.5 oz canned tomatoes diced fire roasted organic drained muir glen® 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

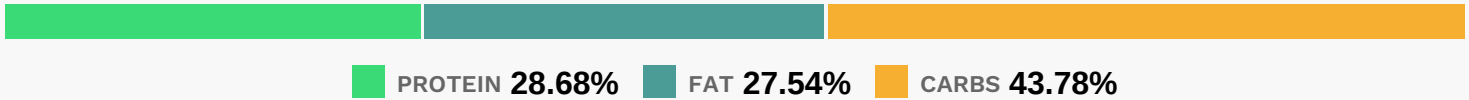
Equipment

- ☐ 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:24.25, Glycemic Load:0.84, Inflammation Score:-5, Nutrition Score:7.0013043232586%

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: 336.61kcal (16.83%), Fat: 10.29g (15.83%), Saturated Fat: 6.24g (39%), Carbohydrates: 36.8g (12.27%), Net Carbohydrates: 34.01g (12.37%), Sugar: 30.83g (34.26%), Cholesterol: 182.57mg (60.86%), Sodium: 314.02mg (13.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.11g (48.22%), Phosphorus: 255.72mg (25.57%), Copper: 0.47mg (23.34%), Vitamin A: 689.74IU (13.79%), Vitamin K: 12.66µg (12.06%), Calcium: 119.19mg (11.92%), Magnesium: 45.13mg (11.28%), Fiber: 2.79g (11.15%), Zinc: 1.6mg (10.69%), Potassium: 369.24mg (10.55%), Vitamin C: 6.31mg (7.65%), Iron: 1.33mg (7.37%), Manganese: 0.11mg (5.41%), Vitamin B6: 0.05mg (2.63%), Folate: 9.02µg

(2.25%), Vitamin E: 0.31mg (2.04%), Vitamin B1: 0.02mg (1.32%)