



Thai Shrimp Curry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings cilantro leaves fresh chopped
- ☐ 1 cup green onions chopped (8 small)
- ☐ 8 servings lime wedges
- ☐ 1 cup low-salt chicken broth
- ☐ 1 cup onion thinly sliced
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 1 cup plum tomatoes diced
- ☐ 2 pounds shrimp deveined uncooked peeled

- ☐ 2 teaspoons sugar
- ☐ 3 tablespoons thai fish sauce (nam pla)
- ☐ 1 tablespoons thai curry paste green
- ☐ 14 ounce coconut milk unsweetened canned

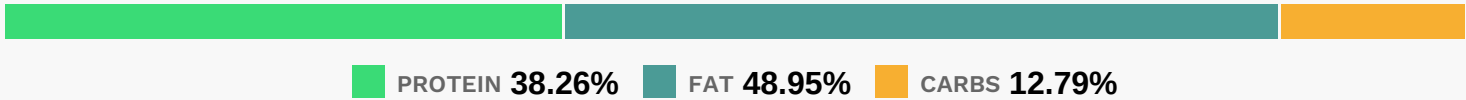
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat peanut oil in heavy large skillet over medium-high heat.
- ☐ Add sliced onion; stir-fry until soft and beginning to brown, about 4 minutes. Reduce heat to medium.
- ☐ Add green onions and curry paste; stir until fragrant, about 1 minute.
- ☐ Add coconut milk, chicken broth, fish sauce, and sugar; bring to boil.
- ☐ Add tomatoes and boil 2 minutes.
- ☐ Add shrimp and cook just until opaque in center, stirring often, about 3 minutes.
- ☐ Transfer curry to large shallow bowl.
- ☐ Garnish with cilantro.
- ☐ Serve, passing lime wedges separately.
- ☐ *Available at Asian markets and in the Asian foods section of some supermarkets.

Nutrition Facts



Properties

Glycemic Index:28.89, Glycemic Load:1.63, Inflammation Score:-6, Nutrition Score:11.330000001451%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 256.7kcal (12.84%), Fat: 14.56g (22.4%), Saturated Fat: 11.01g (68.81%), Carbohydrates: 8.56g (2.85%), Net Carbohydrates: 6.34g (2.31%), Sugar: 5.01g (5.56%), Cholesterol: 182.57mg (60.86%), Sodium: 685.5mg (29.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.61g (51.21%), Phosphorus: 319.36mg (31.94%), Copper: 0.63mg (31.52%), Manganese: 0.59mg (29.38%), Vitamin K: 28.67µg (27.3%), Magnesium: 77.99mg (19.5%), Potassium: 610.01mg (17.43%), Zinc: 2.03mg (13.53%), Vitamin A: 674.74IU (13.49%), Vitamin C: 9.78mg (11.85%), Iron: 1.88mg (10.46%), Calcium: 104.18mg (10.42%), Fiber: 2.21g (8.85%), Folate: 27.76µg (6.94%), Vitamin B3: 1.2mg (6.02%), Selenium: 3.88µg (5.54%), Vitamin B6: 0.1mg (5.1%), Vitamin E: 0.59mg (3.91%), Vitamin B1: 0.04mg (2.74%), Vitamin B2: 0.03mg (2.02%), Vitamin B5: 0.16mg (1.62%), Vitamin B12: 0.06µg (1.03%)