



Thai Shrimp Sweet Potato Curry



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz coconut milk canned (not cream of coconut)
- ☐ 2 tablespoons canola oil
- ☐ 1.5 cups carrots (from 10-oz bag)
- ☐ 1.5 cups chicken broth (from 32-oz carton)
- ☐ 2 tablespoons basil fresh
- ☐ 1 clove garlic finely chopped
- ☐ 1 tablespoon ginger grated
- ☐ 1.5 cups rice white instant uncooked

- ☐ 1 medium onion halved lengthwise thinly sliced
- ☐ 3 tablespoons curry paste red
- ☐ 1.3 lb shrimp deveined uncooked peeled
- ☐ 1 medium sweet potatoes and into peeled cut into 1/2-inch pieces (2 cups)
- ☐ 1.5 cups water

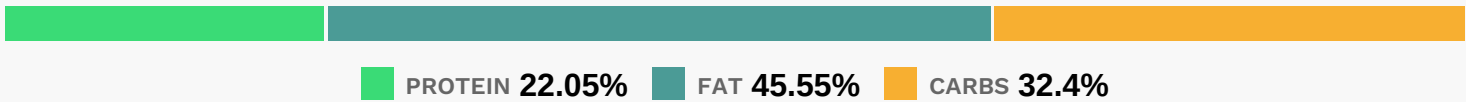
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven or saucepan, heat oil over medium-high heat.
- ☐ Add carrots, sweet potato and onion; cook 6 to 8 minutes, stirring frequently, until onion is tender.
- ☐ Add curry paste, gingerroot and garlic; cook and stir 30 seconds. Stir in broth and coconut milk.
- ☐ Heat to boiling; reduce heat to medium-low. Simmer 10 to 15 minutes, stirring occasionally, until vegetables are tender.
- ☐ Meanwhile, cook rice in water as directed on package.
- ☐ Add shrimp to vegetable mixture; cook 4 minutes longer or until shrimp are pink.
- ☐ Serve shrimp mixture over rice in bowls.
- ☐ Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:41.14, Glycemic Load:5.21, Inflammation Score:-10, Nutrition Score:19.424347720068%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 422.25kcal (21.11%), Fat: 21.89g (33.68%), Saturated Fat: 14.7g (91.86%), Carbohydrates: 35.04g (11.68%), Net Carbohydrates: 30.51g (11.1%), Sugar: 6.9g (7.67%), Cholesterol: 153.32mg (51.11%), Sodium: 389.37mg (16.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.84g (47.69%), Vitamin A: 11907.69IU (238.15%), Manganese: 1.06mg (53.06%), Copper: 0.69mg (34.35%), Phosphorus: 331.85mg (33.19%), Folate: 84.01µg (21%), Potassium: 704.74mg (20.14%), Iron: 3.57mg (19.82%), Magnesium: 77.88mg (19.47%), Vitamin B1: 0.29mg (19.27%), Selenium: 12.77µg (18.24%), Fiber: 4.52g (18.09%), Zinc: 2.3mg (15.33%), Vitamin B3: 2.7mg (13.51%), Calcium: 118.77mg (11.88%), Vitamin K: 11.17µg (10.63%), Vitamin B6: 0.2mg (10.1%), Vitamin E: 1.27mg (8.46%), Vitamin C: 6.97mg (8.44%), Vitamin B5: 0.64mg (6.37%), Vitamin B2: 0.09mg (5.21%)