

Water Spinach with Shrimp

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



129 kcal

SIDE DISH

Ingredients

- 1 teaspoon shrimp paste (shrimp paste)
- 22 inch pepper flakes fresh red sliced (for a spicier dish)
- 0.8 cup coconut milk unsweetened low-fat canned (not)
- 0.3 cup chicken broth reduced-sodium
- 1 teaspoon salt
- 0.5 cup shallots chopped (2 large)
- 0.5 lb shrimp deveined peeled per lb), , , and cut crosswise into 1/2-inch pieces
- 2 tablespoons vegetable oil

- 1.5 lb water spinach (with stems) cut crosswise into 1-inch pieces

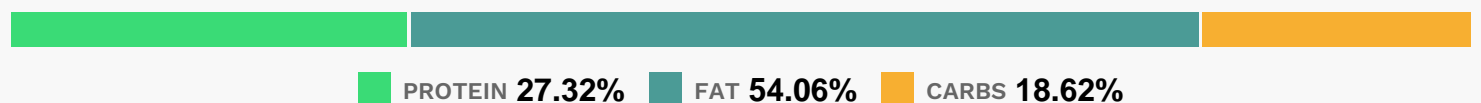
Equipment

- food processor
- paper towels
- oven
- aluminum foil
- ziploc bags
- wok

Directions

- Put oven rack in middle position and preheat oven to 350°F.
- Wrap belacan tightly in foil and bake 10 minutes. Open foil carefully and cool belacan to room temperature, about 15 minutes. Crumble belacan into mini food processor and finely purée with chiles and shallots.
- Heat oil in wok over moderate heat until hot but not smoking, then add belacan mixture and cook, stirring constantly, 3 minutes.
- Add shrimp and increase heat to moderately high, then cook, stirring, until beginning to turn pink, about 1 minute.
- Add coconut milk, stock, and salt and simmer, stirring occasionally, 2 minutes.
- Increase heat to high, then add water spinach and cook, stirring, until spinach is crisp-tender, about 3 minutes.
- Serve immediately.
- Water spinach can be cut 6 hours ahead and chilled in a sealed plastic bag lined with paper towels. · Shrimp can be peeled, deveined, and cut 4 hours ahead, then chilled, covered.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.41, Inflammation Score:-10, Nutrition Score:14.587825952665%

Nutrients (% of daily need)

Calories: 129.07kcal (6.45%), Fat: 8.36g (12.87%), Saturated Fat: 4.58g (28.61%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 4.12g (1.5%), Sugar: 1.55g (1.72%), Cholesterol: 52.77mg (17.59%), Sodium: 450.63mg (19.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.51g (19.02%), Vitamin A: 5425.15IU (108.5%), Vitamin C: 58.21mg (70.56%), Magnesium: 84.87mg (21.22%), Manganese: 0.37mg (18.26%), Folate: 58.08µg (14.52%), Iron: 2.59mg (14.36%), Potassium: 467.2mg (13.35%), Phosphorus: 129mg (12.9%), Copper: 0.2mg (10.25%), Calcium: 96.97mg (9.7%), Fiber: 2.36g (9.46%), Vitamin B6: 0.17mg (8.75%), Vitamin K: 7.35µg (7%), Vitamin B3: 1.15mg (5.76%), Vitamin B2: 0.1mg (5.7%), Zinc: 0.74mg (4.93%), Vitamin B1: 0.04mg (2.94%), Vitamin E: 0.33mg (2.21%), Vitamin B5: 0.21mg (2.09%), Selenium: 0.98µg (1.4%)