

Caribbean Shrimp & Coconut Rice

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-and-shrimp-recipe>

Ingredients:

- 10 ounces shrimp
- 3/4 teaspoon spices Caribbean-style
- 1/2 cup jasmine rice
- 1/2 cup water
- 3 1/2 ounces mangos
- 1 3/4 ounces green bell pepper
- 2 1/2 ounces yellow onions
- 1/4 ounce shredded coconut
- 1/4 cup coconut milk with pineapple juice
- 2 3/4 ounces green chard
- 2 ounces cabbage
- 1/4 ounce carrots
- 1 whole scallion
- 2 tablespoons cider vinaigrette Orange
- cooking oil
- salt
- pepper

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 110 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 18 grams
7. SaturatedFat: 4 grams
8. Sodium: 360 milligrams

9. Sugar: 6 grams

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