



Shrimp Tikka Masala

Nutritional Information

Per Serving: Tikka Masala: 220 cal, 4.4g fat (1g sat), 200mg chol, 400mg sodium, 14g carb, 2g fiber, 31g protein. **Coconut Rice:** 280 cal, 4g fat (3g sat), 0mg chol, 30mg sodium, 55g carb, 2g fiber, 4.5g protein, 6 mypoints. (Rice sodium count does not include salt added at home.)

Contains: Dairy. Shellfish. Soy.

Lifestyle: Gluten-Free. Nut-Free.

At-Home Keto-Friendly Modification: Sub cauli-rice at home for a keto-friendly dish.

Ingredients: shrimp, jasmine rice, sweetened coconut flakes, crushed tomato, onion-garlic puree, tomato paste, heavy cream, butter, GF chicken base, red curry paste (dried red chilies, garlic, shallot, salt, lemongrass, sugar, kaffir lime, galangal, spices), canola oil, ginger, garam masala, ginger, garlic, turmeric, sugar, salt, chili powder, rice flour, cardamom, coriander, pepper.

Please Note: Because Dinner Done dishes are hand-crafted, exact information may vary. Nutritional information calculated based on 3 servings per entrée.



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