



Achiote Shrimp Skillet

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp annatto paste
- 3 slices oscar mayer baked ham cooked finely chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.3 cup pimento-stuffed olives green sliced
- 1 small onion red separated sliced
- 2 serrano chiles chopped
- 1 lb shrimp deveined uncooked peeled
- 1 large tomatoes seeded chopped

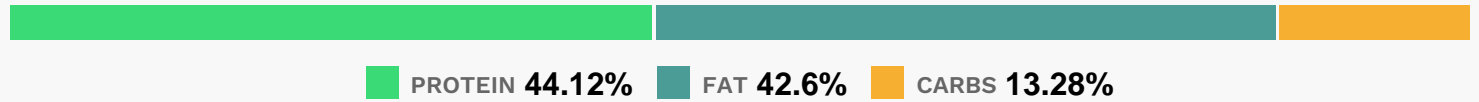
Equipment

frying pan

Directions

- Mix annato paste and dressing. Reserve 2 Tbsp.; pour remaining over shrimp in shallow glass dish. Turn to coat both sides of each shrimp. Refrigerate 30 min. to marinate.
- Heat large skillet on medium-high heat.
- Add reserved dressing mixture.
- Drain shrimp; discard marinade.
- Add shrimp to skillet; cook 1 min.
- Add remaining ingredients; cook 4 to 5 min. or until vegetables are crisp-tender and shrimp turn pink, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:1.3, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:0.79086956381798%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 20.35kcal (1.02%), Fat: 0.97g (1.5%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.56g (0.2%), Sugar: 0.46g (0.51%), Cholesterol: 15.65mg (5.22%), Sodium: 68.41mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.53%), Phosphorus: 25.01mg (2.5%), Copper: 0.04mg (2.09%), Vitamin K: 1.65µg (1.57%), Potassium: 43.68mg (1.25%), Zinc: 0.17mg (1.15%), Magnesium: 4.38mg (1.1%)