



Baja Garlic Shrimp

 Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 8 garlic cloves minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup onion minced
- ☐ 4 servings serving suggestion: rice white cooked
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 pound shrimp deveined peeled

☐ 3 tablespoons white wine

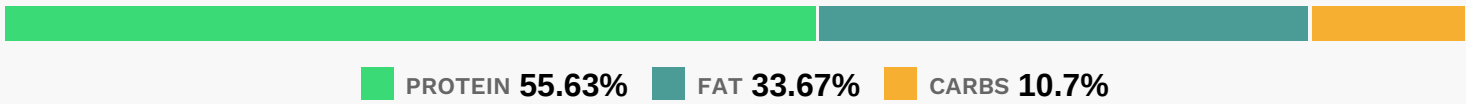
Equipment

- ☐ frying pan
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Melt the butter in a heavy medium skillet over medium heat. Season the shrimp with salt and pepper, to taste. Cook for about 4 minutes until almost fully cooked. Using a slotted spoon, transfer the shrimp to a plate and tent it with foil.
- ☐ Add the onion and garlic and cook until the onion is translucent, about 6 minutes. Stir in the wine and bring to boil, scraping up the brown bits on the bottom of the pan. Boil for 1 minute. Stir in the lime juice and parsley. Return the shrimp to the pan and toss to coat with sauce and Continue to cook until the shrimp are fully cooked, about 1 minutes. Season with salt and pepper, to taste.
- ☐ Transfer the shrimp to a serving platter and serve alone or with white rice, if desired.

Nutrition Facts



Properties

Glycemic Index:61.8, Glycemic Load:1.32, Inflammation Score:-4, Nutrition Score:7.3073912813612%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg

Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 174.3kcal (8.72%), Fat: 6.32g (9.73%), Saturated Fat: 3.73g (23.3%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 4.11g (1.49%), Sugar: 0.68g (0.75%), Cholesterol: 197.62mg (65.87%), Sodium: 183.2mg (7.97%), Alcohol: 1.16g (100%), Alcohol %: 0.95% (100%), Protein: 23.51g (47.02%), Vitamin K: 33.66µg (32.06%), Phosphorus: 261.45mg (26.14%), Copper: 0.47mg (23.66%), Magnesium: 45.18mg (11.29%), Zinc: 1.66mg (11.08%), Potassium: 365.64mg (10.45%), Manganese: 0.19mg (9.57%), Calcium: 92.44mg (9.24%), Vitamin C: 6.4mg (7.75%), Vitamin A: 346.57IU (6.93%), Iron: 0.89mg (4.94%), Vitamin B6: 0.1mg (4.87%), Fiber: 0.42g (1.66%), Selenium: 1.14µg (1.64%), Folate: 5.91µg (1.48%), Vitamin B1: 0.02mg (1.4%), Vitamin E: 0.19mg (1.3%)