



Baked Shrimp with Tomatillos

 Popular

READY IN



55 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 medium onion chopped
- ☐ 1 jalapeño chiles minced seeded
- ☐ 3 garlic cloves thinly sliced
- ☐ 1 lb tomatillos chopped
- ☐ 4 servings salt
- ☐ 0.5 cup clam juice or
- ☐ 1 pound shrimp deveined cleaned

- ☐ 1 cup cotija queso seco cheese (can substitute feta)
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 4 servings juice of lime
- ☐ 4 servings bell pepper black
- ☐ 4 servings flour tortillas
- ☐ 4 servings cast iron pan

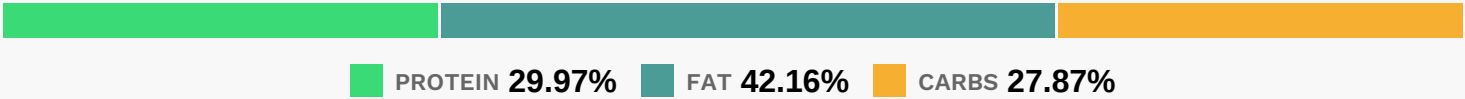
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Sauté the onions and jalapeños:
- ☐ Heat oil in the pan you will use for baking.
- ☐ Add the onions and jalapeños, cook for 5 minutes on medium high until the onions begin to brown.
- ☐ Add the garlic and cook a minute more.
- ☐ Add the tomatillos, reduce heat to medium and cook for 10 minutes, until the tomatillos are cooked through, but still hold their shape.
- ☐ Sprinkle salt over the tomatillos as they are cooking.
- ☐ Add clam juice: If using clam juice, add to pan, turn up the heat and reduce by half. If using water, just add the 1/4 cup of water without reducing.
- ☐ Add cheese and shrimp, bake in oven:
- ☐ Add the cheese and shrimp. Cook in a preheated 425°F oven for 10 minutes.
- ☐ Serve with cilantro, lime juice, black pepper:
- ☐ Remove pan from the oven. If using a pan with a handle, such as a cast iron frying pan, I recommend cooling the handle with ice for safety; it's so easy to forget that pan has just come out of the oven, and you grab the hot handle by mistake.
- ☐ Right before serving, mix in the cilantro and sprinkle with lime juice and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:5.91, Inflammation Score:-6, Nutrition Score:20.627825965052%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 456.03kcal (22.8%), Fat: 21.79g (33.53%), Saturated Fat: 7.96g (49.76%), Carbohydrates: 32.42g (10.81%), Net Carbohydrates: 28.31g (10.3%), Sugar: 8.4g (9.33%), Cholesterol: 222.88mg (74.29%), Sodium: 1205.63mg (52.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.85g (69.7%), Phosphorus: 522.65mg (52.27%), Vitamin C: 30.9mg (37.46%), Calcium: 328.64mg (32.86%), Copper: 0.62mg (31.15%), Vitamin B2: 0.48mg (28.19%), Selenium: 17.06µg (24.38%), Manganese: 0.48mg (24%), Vitamin B3: 4.75mg (23.73%), Potassium: 824.88mg (23.57%), Zinc: 3.35mg (22.36%), Vitamin B1: 0.33mg (22.05%), Vitamin K: 22.74µg (21.66%), Magnesium: 86.42mg (21.6%), Vitamin B6: 0.38mg (19.22%), Fiber: 4.11g (16.44%), Iron: 2.94mg (16.31%), Folate: 60.38µg (15.09%), Vitamin B12: 0.72µg (11.98%), Vitamin E: 1.79mg (11.95%), Vitamin A: 455.69IU (9.11%), Vitamin B5: 0.79mg (7.87%), Vitamin D: 0.18µg (1.19%)