



Brazilian-style Peel And Eat Shrimp with Fried Garlic (Camarao ao Alho)

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



2473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 garlic clove thinly sliced
- ☐ 2 servings kosher salt
- ☐ 2 servings optional: lemon for serving
- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 pounds pie crust dough dry rinsed (see note above)

Equipment

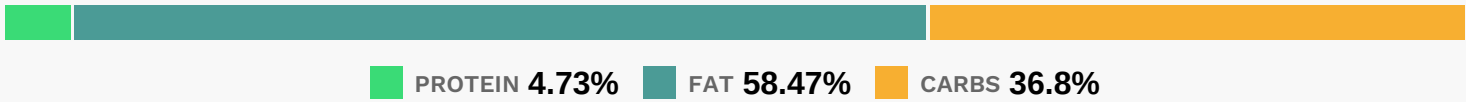
- ☐ bowl

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Add oil and 3/4 of garlic to a 12-inch skillet. Cook over medium heat, stirring frequently, until garlic is golden brown, about 5 minutes. Use a slotted spoon to transfer garlic to a bowl.
- ☐ Increase heat to high and heat until oil just starts smoking.
- ☐ Add shrimp all at once and cook, stirring and tossing frequently, until starting to turn pink, about 1 minute. Return cooked garlic and remaining fresh garlic to pan, cook until shrimp is completely cooked through, about 1 minute longer, season with salt, transfer to a plate, and serve with lemon.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:1.79, Inflammation Score:-7, Nutrition Score:35.254347900981%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 2473.05kcal (123.65%), Fat: 160.36g (246.71%), Saturated Fat: 42.82g (267.65%), Carbohydrates: 227.15g (75.72%), Net Carbohydrates: 215.23g (78.27%), Sugar: 0.35g (0.39%), Cholesterol: 0mg (0%), Sodium: 2053.02mg (89.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.16g (58.33%), Manganese: 2.31mg (115.42%), Vitamin B1: 1.29mg (85.75%), Folate: 318.82µg (79.71%), Iron: 12.38mg (68.77%), Vitamin B3: 12.38mg (61.9%), Vitamin K: 58.7µg (55.91%), Vitamin E: 8.16mg (54.4%), Fiber: 11.91g (47.66%), Vitamin B2: 0.79mg (46.61%), Selenium: 28.44µg (40.63%), Phosphorus: 355.25mg (35.52%), Vitamin B6: 0.46mg (22.78%), Copper: 0.4mg (19.84%), Vitamin B5: 1.96mg (19.58%), Magnesium: 73.1mg (18.28%), Zinc: 2.25mg (15.03%), Potassium: 522.28mg (14.92%), Calcium: 121.12mg (12.11%), Vitamin C: 9.33mg (11.3%)