



Cajun Shrimp



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne pepper to taste
- ☐ 0.8 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.8 teaspoon oregano dried
- ☐ 1 teaspoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled

☐ 1 tablespoon vegetable oil

Equipment

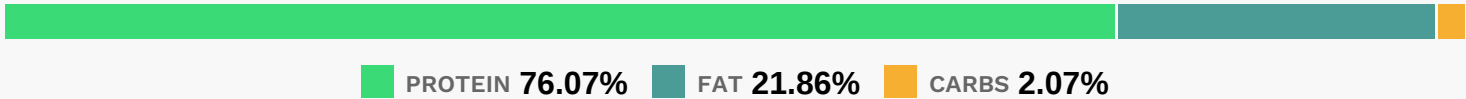
☐ frying pan

☐ ziploc bags

Directions

- ☐ Combine paprika, thyme, oregano, garlic powder, salt, pepper, and cayenne pepper in a sealable plastic bag; shake to mix.
- ☐ Add shrimp and shake to coat.
- ☐ Heat oil in a large non-stick skillet over medium high heat. Cook and stir shrimp in hot oil until they are bright pink on the outside and the meat is no longer transparent in the center, about 4 minutes.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.05, Inflammation Score:-6, Nutrition Score:7.3156522078359%

Nutrients (% of daily need)

Calories: 178.89kcal (8.94%), Fat: 4.39g (6.75%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.09g (0.1%), Cholesterol: 273.86mg (91.29%), Sodium: 348.47mg (15.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.37g (68.74%), Phosphorus: 367.85mg (36.78%), Copper: 0.68mg (33.79%), Magnesium: 62.4mg (15.6%), Zinc: 2.33mg (15.55%), Potassium: 473.15mg (13.52%), Calcium: 120.52mg (12.05%), Vitamin K: 12.51µg (11.91%), Iron: 1.39mg (7.75%), Vitamin A: 312.47IU (6.25%), Manganese: 0.12mg (5.91%), Vitamin E: 0.55mg (3.64%), Fiber: 0.49g (1.94%), Vitamin B6: 0.02mg (1.11%)