



## Camarones al Ajillo (Garlic Shrimp)

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter
- 1 tablespoon parsley dried
- 10 cloves garlic pressed
- 0.5 bell pepper green sliced
- 4 servings salt and ground pepper black to taste
- 1 tablespoon olive oil
- 1 large onion sliced
- 1 pound shrimp fresh shelled deveined

0.5 cup tomato sauce

## Equipment

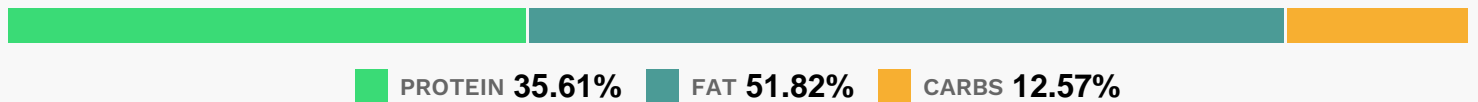
frying pan

## Directions

Heat the olive oil and butter in a skillet over medium heat. Stir in the bell pepper and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the garlic, and cook until fragrant, about 1 minute more.

Add the shrimp and cook until opaque, about 2 minutes on each side. Stir in the tomato sauce, parsley, and red pepper flakes, and cook until tomato sauce is warmed through, about 5 minutes. Season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:48.5, Glycemic Load:2.06, Inflammation Score:-6, Nutrition Score:9.570869649234%

## Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 3.54mg, Isorhamnetin: 3.54mg, Isorhamnetin: 3.54mg, Isorhamnetin: 3.54mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg

## Nutrients (% of daily need)

Calories: 267.26kcal (13.36%), Fat: 15.81g (24.32%), Saturated Fat: 7.94g (49.64%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 6.96g (2.53%), Sugar: 3.16g (3.51%), Cholesterol: 213.07mg (71.02%), Sodium: 376.9mg (16.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.44g (48.88%), Phosphorus: 282.01mg (28.2%), Copper: 0.53mg (26.54%), Vitamin C: 19.84mg (24.05%), Manganese: 0.32mg (16.2%), Potassium: 519.37mg (14.84%), Magnesium: 53.85mg (13.46%), Zinc: 1.8mg (11.99%), Vitamin K: 12.3µg (11.71%), Vitamin A: 553.86IU (11.08%), Calcium: 110.13mg (11.01%), Vitamin B6: 0.21mg (10.33%), Vitamin E: 1.39mg (9.26%), Iron: 1.28mg (7.13%), Fiber: 1.67g (6.66%), Vitamin B2: 0.06mg (3.49%), Vitamin B1: 0.05mg (3.33%), Folate: 12.94µg (3.23%), Vitamin B3: 0.53mg (2.64%), Selenium: 1.65µg (2.36%), Vitamin B5: 0.22mg (2.22%)