



Camarones con Hierbas y Cítricos (Citrus-Herb Shrimp)

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



96 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper red crushed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger fresh grated peeled
- ☐ 6 tablespoons mint leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon salt

- ☐ 2 pounds shrimp unpeeled
- ☐ 0.5 teaspoon sugar
- ☐ 1 tablespoon vegetable oil

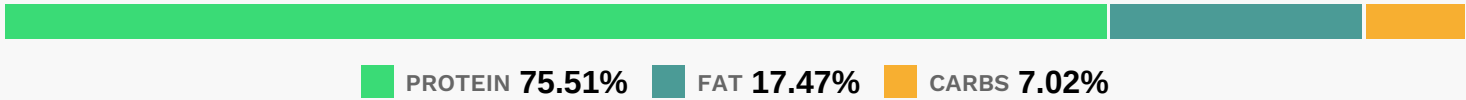
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Peel and devein shrimp, leaving tails intact. Bring a large pot of water to a boil.
- ☐ Add shrimp; cook 5 minutes or just until shrimp are done.
- ☐ Drain; rinse under cold running water.
- ☐ Place shrimp in a large bowl; chill.
- ☐ Combine mint and remaining ingredients.
- ☐ Add to shrimp; toss well to combine. Chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:14.71, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:4.2721739080937%

Flavonoids

Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 96.19kcal (4.81%), Fat: 1.9g (2.92%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 1.72g (0.57%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.35g (0.39%), Cholesterol: 146.06mg (48.69%), Sodium: 345.3mg (15.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.47g (36.94%), Phosphorus: 199.36mg (19.94%), Copper:

0.37mg (18.71%), Magnesium: 35.8mg (8.95%), Zinc: 1.28mg (8.51%), Potassium: 277.9mg (7.94%), Calcium: 68.58mg (6.86%), Vitamin A: 216.81IU (4.34%), Manganese: 0.09mg (4.26%), Iron: 0.69mg (3.85%), Vitamin K: 4µg (3.81%), Vitamin C: 3.14mg (3.8%), Fiber: 0.39g (1.54%), Vitamin E: 0.22mg (1.43%), Folate: 4.5µg (1.13%), Vitamin B6: 0.02mg (1.03%)