



Camarones en Apuro (Colombian-Style Shrimp with Tomato Sauce)

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bread crumbs
- ☐ 0.5 teaspoon garlic powder
- ☐ 3 tablespoons juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon onion powder
- ☐ 6 servings salt and pepper
- ☐ 1.5 pounds shrimp deveined uncooked peeled

☐ 1.5 cups tomato sauce

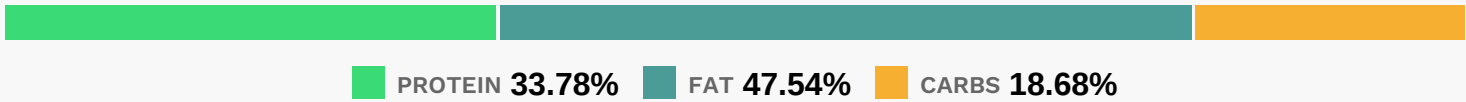
Equipment

☐ sauce pan

Directions

- ☐ In a medium sauce pan heat the olive oil, add the shrimp, onion powder, garlic powder, stir and cook for about 5 minutes.
- ☐ Add the bread crumbs, salt and pepper and stir well.
- ☐ Add the tomato sauce and lemon juice. Cook for about 3 more minutes.Stir and serve over lettuce.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:1.06, Inflammation Score:-5, Nutrition Score:12.106087052304%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 201.52kcal (10.08%), Fat: 10.67g (16.41%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 8.18g (2.97%), Sugar: 2.76g (3.07%), Cholesterol: 142.88mg (47.63%), Sodium: 1170.39mg (50.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.05g (34.11%), Selenium: 35.54µg (50.77%), Phosphorus: 305.3mg (30.53%), Vitamin E: 3.69mg (24.62%), Vitamin B12: 1.28µg (21.33%), Vitamin B3: 3.03mg (15.15%), Copper: 0.3mg (14.79%), Vitamin B6: 0.26mg (12.93%), Potassium: 334.29mg (9.55%), Vitamin A: 469.78IU (9.4%), Magnesium: 37.55mg (9.39%), Zinc: 1.34mg (8.93%), Folate: 35.2µg (8.8%), Vitamin C: 7.23mg (8.77%), Calcium: 82.29mg (8.23%), Manganese: 0.16mg (7.98%), Vitamin K: 7.88µg (7.5%), Iron: 1.19mg (6.64%), Vitamin B1: 0.1mg (6.6%), Vitamin B5: 0.59mg (5.87%), Fiber: 1.26g (5.04%), Vitamin B2: 0.08mg (4.86%)