



## Caribbean Holiday Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



**70 min.**

SERVINGS



**8**

CALORIES



**119 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup cilantro leaves fresh chopped
- 2 tablespoons ginger root fresh minced
- 2 cloves garlic minced
- 2 juice of lime juiced
- 0.5 teaspoon pepper flakes red crushed
- 2 pounds shrimp cooked peeled
- 1 tablespoon soya sauce
- 1 tablespoon vegetable oil

0.5 teaspoon sugar white

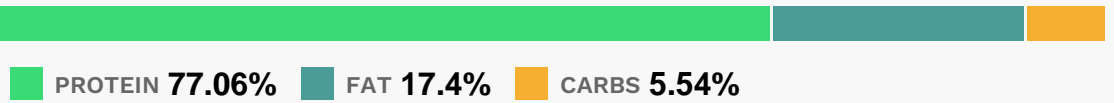
## Equipment

bowl

## Directions

In a large bowl combine oil, ginger, lime juice, garlic, soy sauce, sugar and red pepper; mix well. Stir in shrimp and cilantro. Cover and refrigerate 1 to 4 hours before serving. Stir occasionally while chilling.

## Nutrition Facts



## Properties

Glycemic Index:20.26, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:4.8482608613761%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

## Nutrients (% of daily need)

Calories: 118.7kcal (5.94%), Fat: 2.33g (3.58%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.49g (0.54%), Sugar: 0.47g (0.52%), Cholesterol: 182.57mg (60.86%), Sodium: 263.65mg (11.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.18g (46.36%), Phosphorus: 249.24mg (24.92%), Copper: 0.46mg (22.91%), Magnesium: 42.58mg (10.64%), Zinc: 1.56mg (10.4%), Potassium: 330.84mg (9.45%), Calcium: 76.8mg (7.68%), Vitamin K: 6.42µg (6.11%), Iron: 0.71mg (3.96%), Manganese: 0.07mg (3.65%), Vitamin C: 2.84mg (3.45%), Vitamin A: 108.36IU (2.17%), Vitamin E: 0.23mg (1.56%), Vitamin B6: 0.02mg (1.18%)