



Caribbean-spiced Shrimp with Pineapple Salsa



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons curry powder
- ☐ 1.5 teaspoons ground allspice
- ☐ 1 teaspoon ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon ground ginger
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 pounds shrimp unpeeled (16-20 count)

- ☐ 0.3 cup olive oil divided
- ☐ 1 tablespoon paprika
- ☐ 12 servings pineapple salsa
- ☐ 0.8 teaspoon salt

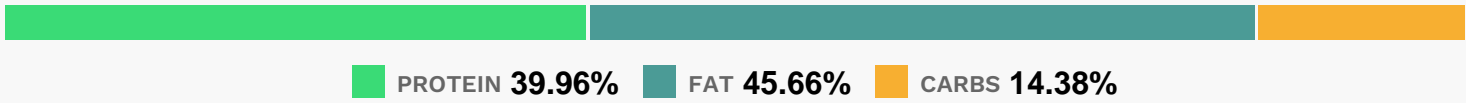
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 10 ingredients, including fennel if desired, in a small bowl.
- ☐ Peel shrimp, leaving tails on; devein, if desired. Dredge shrimp in spice mixture.
- ☐ Heat 2 tablespoons oil in a large skillet over medium-high heat.
- ☐ Add shrimp, in batches, and cook 2 to 3 minutes or until shrimp turn pink.
- ☐ Add remaining 2 tablespoons oil to skillet, as needed, to cook remaining shrimp.
- ☐ Serve shrimp warm or at room temperature with Pineapple Salsa.
- ☐ Wine note: Napa Valley winemaker Jeff Morgan produces Solo Rosa, a dry California ros, and Covenant, a kosher Cabernet Sauvignon. Jeff wrote Dean & DeLuca: The Food and Wine Cookbook and The Working Parents Cookbook. His recently penned wine book, Ros, A Guide to the World's Most Versatile Wine, appeared in bookstores in May. Below, Jeff pairs wine with this flavorful shrimp recipe.
- ☐ With so many bright flavors and spices, this dish embodies the color and heat of the tropics. A ripe, lush Chardonnay from Northern California will cool the palate but also have the weight to stand up to this full-bodied culinary presentation. I recommend Ramey Cellars Russian River Valley Chardonnay (about \$35). – Jeff Morgan

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:7.876086903655%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 108.7kcal (5.44%), Fat: 5.58g (8.59%), Saturated Fat: 0.75g (4.71%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 2.86g (1.04%), Sugar: 1.3g (1.45%), Cholesterol: 95.25mg (31.75%), Sodium: 784.69mg (34.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11g (21.99%), Selenium: 22.93µg (32.75%), Phosphorus: 200.8mg (20.08%), Vitamin E: 2.3mg (15.32%), Vitamin B12: 0.84µg (13.99%), Vitamin A: 595.04IU (11.9%), Vitamin B6: 0.2mg (9.91%), Vitamin B3: 1.82mg (9.09%), Copper: 0.17mg (8.66%), Manganese: 0.17mg (8.51%), Magnesium: 25.96mg (6.49%), Calcium: 59.38mg (5.94%), Zinc: 0.87mg (5.8%), Potassium: 200.91mg (5.74%), Vitamin K: 5.25µg (5%), Iron: 0.85mg (4.72%), Fiber: 1.1g (4.4%), Folate: 16.62µg (4.16%), Vitamin B5: 0.32mg (3.16%), Vitamin B1: 0.03mg (2.14%), Vitamin B2: 0.03mg (1.89%)