

Chile-Garlic Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons brandy
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 10 cloves garlic thinly sliced
- ☐ 2 tablespoons olive oil extra virgin spanish extra-virgin (preferably)
- ☐ 2 chilies dried red plus more for garnish, if desired)
- ☐ 2 pounds shrimp shelled deveined

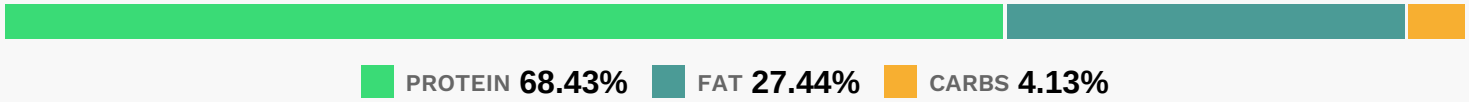
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a medium sauté pan over high heat. Sauté garlic until browned, about 2 minutes.
- ☐ Add shrimp and chiles; sauté until shrimp are cooked through, about 4 minutes.
- ☐ Add brandy and cook 1 minute more.
- ☐ Remove from heat.
- ☐ Transfer to a platter or divide equally among 8 small plates.
- ☐ Sprinkle with parsley, add salt to taste and serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:5.5447826152262%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 136.57kcal (6.83%), Fat: 4.11g (6.33%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 1.39g (0.46%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.1g (0.11%), Cholesterol: 182.57mg (60.86%), Sodium: 136.34mg (5.93%), Alcohol: 0.42g (100%), Alcohol %: 0.43% (100%), Protein: 23.07g (46.15%), Phosphorus: 249.24mg (24.92%), Copper: 0.46mg (22.83%), Vitamin K: 18.71µg (17.82%), Zinc: 1.58mg (10.5%), Magnesium: 41.24mg (10.31%), Potassium: 322.35mg (9.21%), Calcium: 80.83mg (8.08%), Manganese: 0.1mg (5.15%), Iron: 0.74mg (4.13%), Vitamin E: 0.52mg (3.46%), Vitamin C: 2.54mg (3.08%), Vitamin B6: 0.05mg (2.42%), Vitamin A: 117.69IU (2.35%)