



Chile-roasted Shrimp

 Gluten Free

READY IN



28 min.

SERVINGS



10

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 garlic clove thinly sliced
- ☐ 1 teaspoon pepper
- ☐ 3 jalapeno green stemmed seeded thinly sliced (not)
- ☐ 3 juice of lemon
- ☐ 0.3 cup olive oil divided
- ☐ 1 tablespoon oregano dried
- ☐ 1 tablespoon salt

- ☐ 1 pound shrimp fresh unpeeled
- ☐ 0.8 cup fish stock

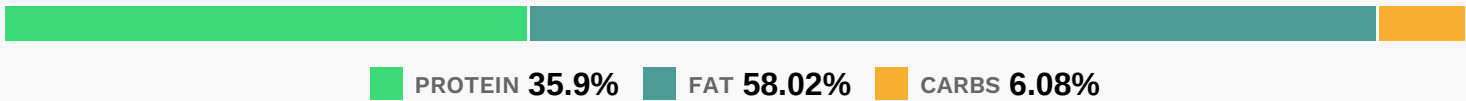
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Combine 1/4 cup olive oil and next 7 ingredients in a large bowl, and toss well. Cover with plastic wrap, and chill at least 2 hours or up to 6 hours.
- ☐ Preheat oven to 45
- ☐ Place a 15- x 10-inch jellyroll pan in oven 10 minutes or until extremely hot. Carefully spread shrimp in a single layer across pan.
- ☐ Bake 8 minutes, stirring once halfway through cooking.
- ☐ Remove from oven, and immediately add stock or water, butter, and remaining 2 tablespoons olive oil to pan. Stir well.
- ☐ Serve in shallow bowls with good bread and cold beer or dry German Riesling.

Nutrition Facts



Properties

Glycemic Index:14.9, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:3.5656521929347%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 105.18kcal (5.26%), Fat: 6.94g (10.68%), Saturated Fat: 1.55g (9.71%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.44g (0.49%), Cholesterol: 76.04mg (25.35%), Sodium: 819.41mg (35.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.67g (19.34%), Phosphorus: 106.68mg (10.67%), Vitamin C: 8.66mg (10.5%), Copper: 0.2mg (9.91%), Vitamin E: 1.1mg (7.3%), Vitamin K: 7.61µg (7.25%), Magnesium: 19.12mg (4.78%), Potassium: 167.07mg (4.77%), Calcium: 46.34mg (4.63%), Zinc: 0.66mg (4.42%), Manganese: 0.08mg (4.12%), Iron: 0.54mg (3.01%), Vitamin B6: 0.04mg (1.84%), Vitamin A: 91.19IU (1.82%), Vitamin B3: 0.34mg (1.71%), Fiber: 0.42g (1.68%), Folate: 4.95µg (1.24%)