



Cilantro Garlic Lime Sautéed Shrimp

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

READY IN



25 min.

SERVINGS



4

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bunch cilantro leaves fresh divided chopped to taste
- 5 cloves garlic chopped to taste
- 1 teaspoon juice of lemon to taste
- 1 teaspoon juice of lime to taste
- 0.3 cup olive oil
- 1 bell pepper red finely chopped
- 1 small chile pepper pureed red
- 2 cups salsa

- 1.5 pounds shrimp
- 0.8 cup white wine
- 0.5 onion yellow chopped

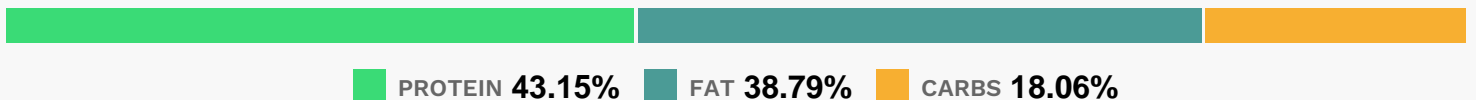
Equipment

- bowl
- frying pan

Directions

- Toss shrimp and half the cilantro together in a bowl.
- Heat olive oil in a skillet over medium heat; saute onion until translucent, 1 to 2 minutes.
- Add garlic and saute until browned, 1 to 2 minutes.
- Stir salsa, red bell pepper, white wine, red chile pepper puree, lemon juice, and lime juice into onion mixture; bring to a boil. Reduce heat and simmer, 2 to 3 minutes.
- Add shrimp to salsa mixture; cook and stir until shrimp are cooked through, about 5 minutes.
- Garnish with remaining cilantro and add more lemon or lime juice to taste.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:1.56, Inflammation Score:-9, Nutrition Score:18.748695601588%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 362.89kcal (18.14%), Fat: 14.8g (22.77%), Saturated Fat: 2.09g (13.09%), Carbohydrates: 15.51g (5.17%), Net Carbohydrates: 12g (4.36%), Sugar: 7.92g (8.8%), Cholesterol: 273.86mg (91.29%), Sodium: 1062.08mg (46.18%), Alcohol: 4.64g (100%), Alcohol %: 1.39% (100%), Protein: 37.04g (74.08%), Vitamin C: 60.3mg (73.09%), Phosphorus: 437.24mg (43.72%), Copper: 0.79mg (39.63%), Vitamin A: 1798.84IU (35.98%), Vitamin E: 4.14mg (27.59%), Potassium: 963.82mg (27.54%), Magnesium: 92.7mg (23.17%), Vitamin B6: 0.46mg (23.09%), Vitamin K: 23.13µg (22.02%), Manganese: 0.4mg (19.97%), Zinc: 2.78mg (18.5%), Calcium: 164.64mg (16.46%), Fiber: 3.51g (14.04%), Iron: 2mg (11.12%), Vitamin B3: 2mg (10.02%), Folate: 26.26µg (6.57%), Vitamin B1: 0.09mg (5.85%), Vitamin B2: 0.09mg (5.57%), Vitamin B5: 0.45mg (4.54%), Selenium: 1.92µg (2.75%)