



Cilantro-Garlic Shrimp



Gluten Free



Dairy Free

READY IN



11 min.

SERVINGS



3

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup cilantro leaves fresh coarsely chopped
- ☐ 6 garlic cloves minced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1.3 pounds shrimp deveined peeled

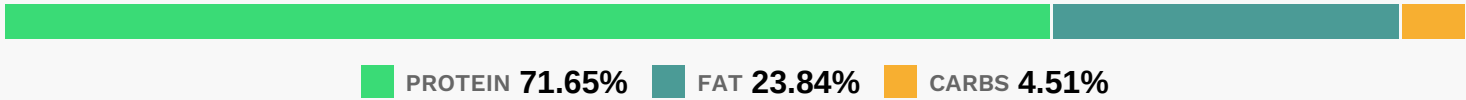
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add shrimp and garlic; saut 5 minutes or until shrimp are done.
- ☐ Add cilantro and remaining ingredients; cook 1 minute or until cilantro wilts.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:0.59, Inflammation Score:-2, Nutrition Score:8.4191304704417%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 212.61kcal (10.63%), Fat: 5.69g (8.75%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 2.17g (0.79%), Sugar: 0.17g (0.19%), Cholesterol: 304.28mg (101.43%), Sodium: 421.1mg (18.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.46g (76.91%), Phosphorus: 415.44mg (41.54%), Copper: 0.77mg (38.29%), Zinc: 2.62mg (17.46%), Magnesium: 68.83mg (17.21%), Potassium: 542.64mg (15.5%), Calcium: 134.71mg (13.47%), Vitamin K: 11.45µg (10.91%), Manganese: 0.2mg (9.81%), Iron: 1.18mg (6.55%), Vitamin E: 0.75mg (5%), Vitamin C: 3.88mg (4.71%), Vitamin B6: 0.08mg (4.02%), Vitamin A: 181.6IU (3.63%), Selenium: 0.89µg (1.27%), Fiber: 0.25g (1.01%)