



Cilantro Lime Shrimp



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



3

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons rice bran oil
- ☐ 1 serrano chile sliced into thin rings
- ☐ 1 garlic cloves sliced
- ☐ 1 pound shrimp deveined peeled
- ☐ 3 servings salt
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 tablespoons juice of lime

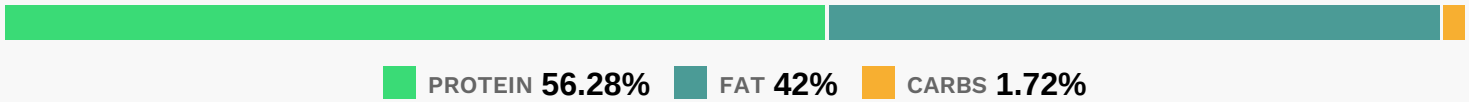
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Place a large sauté pan or a wok over your strongest burner on high heat.
- ☐ Let the pan heat up for a minute and then add the oil.
- ☐ Let the oil heat until it's shimmering. If it starts to smoke, remove the pan from the heat for a moment.
- ☐ Add the chiles to the pan and toss to coat with oil. Cook 30 seconds.
- ☐ Add the shrimp and garlic to the pan and sprinkle with salt. Toss to coat with oil.
- ☐ Let the shrimp cook undisturbed for 1 minute before tossing again so they get a little bit of a sear. Stir-fry until cooked through, about 2–3 minutes.
- ☐ off the heat and mix in the cilantro, then the lime juice.
- ☐ Serve hot or at room temperature.
- ☐ Serve alone, over rice, or in a folded heated flour or corn tortilla.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:6.8469565705113%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 214.71kcal (10.74%), Fat: 10.13g (15.58%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 0.93g (0.31%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.18g (0.2%), Cholesterol: 243.43mg (81.14%), Sodium: 374.8mg (16.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.54g (61.08%), Phosphorus: 327.23mg (32.72%), Copper: 0.6mg (30.06%), Vitamin E: 3.07mg (20.49%), Zinc: 2.05mg (13.69%), Magnesium: 54.36mg (13.59%), Potassium:

422.11mg (12.06%), Calcium: 100.51mg (10.05%), Vitamin K: 6.72µg (6.4%), Iron: 0.86mg (4.76%), Manganese: 0.08mg (3.87%), Vitamin C: 3.07mg (3.72%), Vitamin A: 111.3IU (2.23%), Vitamin B6: 0.03mg (1.32%)