



Citrus-Glazed Shrimp with Cilantro Rice

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 4 ounce chiles green drained chopped canned
- ☐ 0.3 teaspoon chipotle chile powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt

- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 teaspoons lime rind grated
- ☐ 1 tablespoon olive oil
- ☐ 4 servings avocado and radish salad
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 cup rice long-grain white

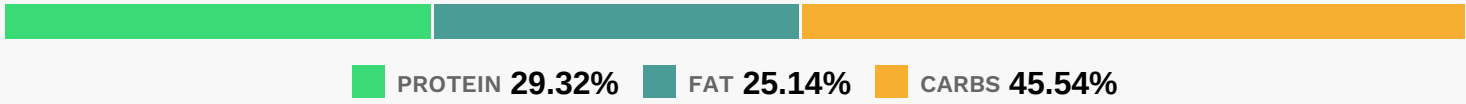
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ To prepare rice, cook rice according to package directions, omitting salt and fat.
- ☐ Add cilantro, oil, cumin, 1/4 teaspoon salt, 1/4 teaspoon pepper, and green chiles, stirring to combine.
- ☐ To prepare shrimp, while rice cooks, combine shrimp, garlic, lime rind, 1/4 teaspoon salt, chile powder, and 1/4 teaspoon pepper in a medium bowl, tossing to coat shrimp.
- ☐ Heat a large skillet over medium heat. Coat pan with cooking spray.
- ☐ Add shrimp to pan; saut 3 minutes. Stir in lime juice and butter; cook 1 minute, tossing to coat.
- ☐ Remove from pan.
- ☐ Serve shrimp with rice.

Nutrition Facts



Properties

Glycemic Index:68.55, Glycemic Load:22.78, Inflammation Score:-4, Nutrition Score:11.354347859388%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg

Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 368.47kcal (18.42%), Fat: 10.29g (15.83%), Saturated Fat: 4.32g (26.98%), Carbohydrates: 41.93g (13.98%), Net Carbohydrates: 39.66g (14.42%), Sugar: 1.44g (1.6%), Cholesterol: 197.62mg (65.87%), Sodium: 464.44mg (20.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.99g (53.98%), Manganese: 0.64mg (31.8%), Phosphorus: 317.71mg (31.77%), Copper: 0.59mg (29.37%), Vitamin C: 21.58mg (26.15%), Potassium: 548.63mg (15.68%), Magnesium: 60.75mg (15.19%), Zinc: 2.26mg (15.07%), Calcium: 119.68mg (11.97%), Selenium: 7.74µg (11.06%), Iron: 1.79mg (9.95%), Fiber: 2.27g (9.1%), Folate: 35.26µg (8.81%), Vitamin B6: 0.18mg (8.8%), Vitamin K: 6.79µg (6.47%), Vitamin B5: 0.62mg (6.24%), Vitamin A: 290.43IU (5.81%), Vitamin B3: 1.12mg (5.58%), Vitamin E: 0.77mg (5.15%), Vitamin B2: 0.06mg (3.64%), Vitamin B1: 0.05mg (3.34%)