



Citrus Shrimp

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

READY IN



50 min.

SERVINGS



6

CALORIES



154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cloves garlic
- 3 lime zest juiced
- 2 tablespoons olive oil
- 2 orange zest juiced
- 0.5 teaspoon salt to taste
- 1.5 pounds shrimp deveined peeled

Equipment

- food processor

- bowl
- frying pan
- blender

Directions

- In a blender or food processor, combine the orange juice and zest, lime juice and zest, olive oil, garlic and salt. Be careful with the salt – the shrimp really suck it up! Cover, and puree until smooth.
- Place shrimp in a bowl, and pour the citrus marinade over them.
- Let them marinate for 20 minutes at room temperature.
- Heat a non-stick skillet over medium-high heat. Fry the shrimp about 3 minutes per side, in batches if necessary, until opaque. Spoon a little of the marinade in with them for extra flavor while they cook if you like.

Nutrition Facts

PROTEIN 57.69% **FAT 29.83%** **CARBS 12.48%**

Properties

Glycemic Index:10.33, Glycemic Load:0.96, Inflammation Score:-1, Nutrition Score:5.9873913267384%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 153.81kcal (7.69%), Fat: 5.33g (8.2%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 3.62g (1.32%), Sugar: 0.58g (0.65%), Cholesterol: 182.57mg (60.86%), Sodium: 329.87mg (14.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.18g (46.37%), Phosphorus: 251.84mg (25.18%), Copper: 0.47mg (23.67%), Vitamin C: 15.66mg (18.98%), Magnesium: 42.96mg (10.74%), Zinc: 1.58mg (10.56%), Potassium: 348.12mg (9.95%), Calcium: 92.95mg (9.3%), Fiber: 1.39g (5.57%), Vitamin E: 0.76mg (5.05%), Iron: 0.88mg (4.87%), Manganese: 0.07mg (3.28%), Vitamin K: 3.04µg (2.89%), Vitamin B6: 0.04mg (2%), Vitamin B1: 0.02mg (1.19%), Vitamin B5: 0.1mg (1.01%)