



Enchilado de Camerones (Deviled Shrimp)

☐ Gluten Free ☐ Dairy Free

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READY IN

ready

45 min.

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SERVINGS

servings

4

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CALORIES

calories

200 kcal

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LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 cup coconut milk light
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped

- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled

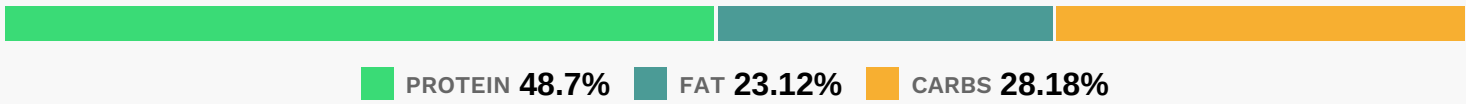
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; saut 2 minutes.
- ☐ Add bell peppers, crushed red pepper, salt, and garlic; saut 4 minutes.
- ☐ Add tomatoes; cook 6 minutes or until liquid almost evaporates, stirring frequently.
- ☐ Stir in shrimp, and cook 4 minutes or until shrimp are done, stirring frequently.
- ☐ Remove shrimp mixture from heat, and stir in coconut milk.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:3.5, Inflammation Score:-8, Nutrition Score:14.556521659312%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg

Nutrients (% of daily need)

Calories: 200.42kcal (10.02%), Fat: 5.38g (8.27%), Saturated Fat: 1.52g (9.49%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 11.26g (4.09%), Sugar: 7.5g (8.33%), Cholesterol: 182.57mg (60.86%), Sodium: 434.03mg (18.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.49g (50.98%), Vitamin C: 52.22mg (63.3%), Copper: 0.67mg (33.73%), Phosphorus: 301.16mg (30.12%), Potassium: 748.78mg (21.39%), Vitamin A: 961.7IU (19.23%), Manganese:

0.38mg (18.82%), Magnesium: 69.52mg (17.38%), Vitamin B6: 0.34mg (17.04%), Vitamin E: 2.26mg (15.08%), Fiber: 3.5g (13.98%), Zinc: 1.98mg (13.22%), Calcium: 126.4mg (12.64%), Iron: 2.27mg (12.62%), Vitamin K: 10.94µg (10.42%), Vitamin B1: 0.12mg (8.19%), Vitamin B3: 1.63mg (8.13%), Folate: 31.67µg (7.92%), Vitamin B2: 0.09mg (5.37%), Vitamin B5: 0.43mg (4.34%), Selenium: 1.31µg (1.88%)