



Essentials: Fast Food, Bittman's Way, with Shrimp



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds fish sauce dried rinsed peeled per pound range, , , and
- ☐ 4 servings parsley fresh minced for garnish
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1.5 teaspoons bell pepper fresh
- ☐ 4 servings pepper black freshly ground to taste

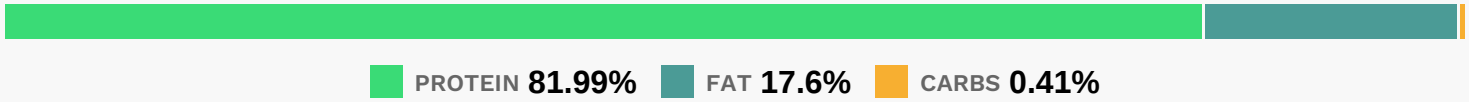
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat the broiler and slip an oven rack into the closest possible position.
- ☐ Warm the olive oil very gently in a large, broad, ovenproof skillet or baking pan. There should be enough olive oil to cover the bottom of the pan; don't skimp.
- ☐ Put the garlic in the oil and cook for a few minutes, still over low heat, until it turns golden.
- ☐ Raise the heat to medium-high and add the shrimp, salt, pepper, cumin, and paprika. Stir to blend and immediately place under the broiler. Cook, shaking the pan once or twice and stirring if necessary, but generally leaving the shrimp undisturbed, until they are pink all over and the mixture is bubbly. This will take from 5 to 10 minutes, depending on the heat of your broiler.
- ☐ Garnish and serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:0.08, Inflammation Score:8, Nutrition Score:10.443478129642%

Flavonoids

Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 596.09kcal (29.8%), Fat: 12.36g (19.01%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 0.65g (0.22%), Net Carbohydrates: 0.4g (0.15%), Sugar: 0.12g (0.14%), Cholesterol: 1939.11mg (646.37%), Sodium: 5990.7mg (260.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 129.51g (259.02%), Iron: 12.87mg (71.53%), Calcium: 691.19mg (69.12%), Vitamin K: 69.13µg (65.84%), Vitamin C: 7.72mg (9.36%), Vitamin A: 401.73IU (8.03%), Vitamin E:

0.85mg (5.7%), Manganese: 0.04mg (1.89%), Folate: 7µg (1.75%), Magnesium: 4.22mg (1.06%), Potassium: 36.38mg (1.04%)