



Fire Roasted Shrimp Veracruz

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

READY IN



15 min.

SERVINGS



4

CALORIES



154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 1 lb shrimp frozen thawed deveined uncooked peeled
- 0.3 cup spring onion sliced (4 medium)
- 1 serrano chiles fresh seeded finely chopped
- 1 teaspoon orange zest grated
- 1 teaspoon thyme sprigs dried fresh chopped
- 14.5 oz canned tomatoes diced fire roasted organic undrained canned

Equipment

frying pan

Directions

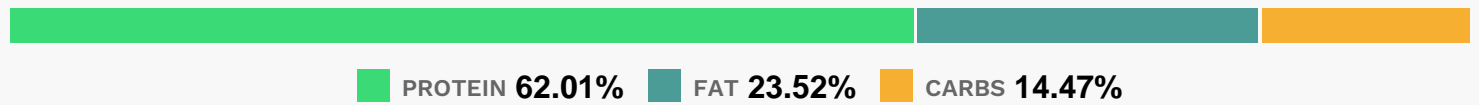
In 12-inch skillet, heat oil over medium-high heat.

Add shrimp, onions, chile, orange peel and thyme; cook 1 minute, stirring frequently.

Stir in tomatoes.

Heat to boiling. Reduce heat; simmer uncovered about 5 minutes, stirring occasionally, until shrimp are pink and sauce is slightly thickened.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:6.2604349255562%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 153.55kcal (7.68%), Fat: 4.01g (6.16%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 4.41g (1.6%), Sugar: 2.58g (2.86%), Cholesterol: 182.57mg (60.86%), Sodium: 294.41mg (12.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.76g (47.52%), Phosphorus: 246.22mg (24.62%), Copper: 0.45mg (22.69%), Vitamin K: 19.37µg (18.44%), Calcium: 110.9mg (11.09%), Magnesium: 42.18mg (10.54%), Zinc: 1.56mg (10.39%), Vitamin A: 513.29IU (10.27%), Potassium: 325.3mg (9.29%), Iron: 1.34mg (7.46%), Vitamin C: 5.18mg (6.28%), Fiber: 1.13g (4.53%), Manganese: 0.06mg (2.94%), Vitamin E: 0.32mg (2.16%), Folate: 4.72µg (1.18%)