



 **6%**
HEALTH SCORE

Gambas Al Ajillo

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices bacon
- 3 tablespoons butter
- 0.5 teaspoon ground pepper
- 1 tablespoon chili powder
- 1 cup sherry dry
- 2 tablespoons garlic minced
- 4 servings lemon wedges
- 2 tablespoons olive oil
- 1 tablespoon paprika

- 4 servings parsley chopped
- 1 slices bread crumbs toasted
- 1 teaspoon salt
- 1 pound shrimp deveined peeled ()
- 0.5 cup tomatoes diced

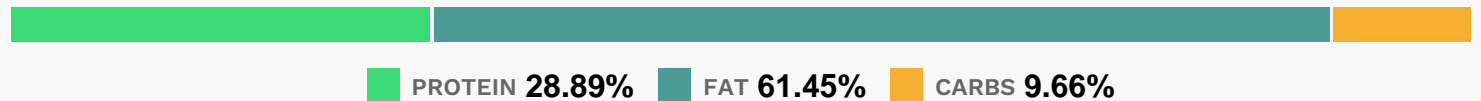
Equipment

- frying pan

Directions

- In a saut pan over medium-high heat, add olive oil. When hot, add shrimp and seasonings, and saut until they are cooked halfway.
- Add garlic, tomatoes, bacon and saut a bit longer.
- Add sherry and cook until reduced by half.
- Add butter and stir in.
- Sprinkle with parsley and squeeze the lemon wedges over the shrimp.
- Serve with crusty bread and a crisp white wine like a Verdejo from Rueda or a bubbly Cava from Penedes.

Nutrition Facts



Properties

Glycemic Index:59.38, Glycemic Load:0.93, Inflammation Score:-9, Nutrition Score:14.779130434783%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 401.87kcal (20.09%), Fat: 25.05g (38.54%), Saturated Fat: 9.74g (60.88%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 6.85g (2.49%), Sugar: 3.07g (3.41%), Cholesterol: 216.04mg (72.01%), Sodium: 952.69mg (41.42%), Alcohol: 6.18g (34.33%), Protein: 26.51g (53.01%), Vitamin K: 76.05µg (72.43%), Vitamin A: 2320.16IU (46.4%), Phosphorus: 306.9mg (30.69%), Copper: 0.52mg (25.79%), Vitamin E: 2.8mg (18.7%), Potassium: 555.86mg (15.88%), Magnesium: 60.35mg (15.09%), Zinc: 2.1mg (13.98%), Manganese: 0.27mg (13.63%), Vitamin C: 9.87mg (11.96%), Iron: 2.08mg (11.55%), Vitamin B6: 0.23mg (11.43%), Calcium: 107.61mg (10.76%), Fiber: 2.02g (8.07%), Vitamin B3: 1.58mg (7.9%), Selenium: 4.6µg (6.57%), Vitamin B1: 0.09mg (5.76%), Vitamin B2: 0.09mg (5.01%), Folate: 14.85µg (3.71%), Vitamin B5: 0.25mg (2.5%), Vitamin B12: 0.1µg (1.67%)