



Gamberoni al' Acqua Pazza: Shrimp in



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



275 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bell pepper hot thinly sliced
- ☐ 6 cherry tomatoes halved
- ☐ 0.5 bulb fennel thinly sliced
- ☐ 0.5 bunch flat parsley chopped
- ☐ 1 clove garlic peeled smashed
- ☐ 16 jumbo shrimp peeled
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 0.5 onion red thinly sliced

- ☐ 0.5 cup sea water mixed with 1 teaspoon sea salt
- ☐ 0.5 cup white wine

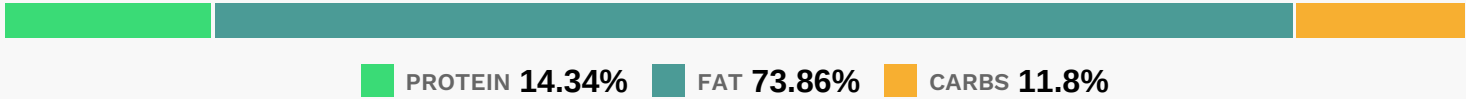
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a 6-quart soup pot, heat the oil over medium heat until smoking.
- ☐ Add the onion, garlic, hot pepper, and fennel and cook until soft and light golden brown, 8 to 10 minutes.
- ☐ Add the tomatoes, wine and water, and bring to a boil. Lower the heat and simmer 10 minutes.
- ☐ Add the shrimp and simmer until cooked through, about 5 minutes.
- ☐ Pour into a bowl and garnish with fennel fronds and parsley.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:1.47, Inflammation Score:-9, Nutrition Score:15.181739014128%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 15.37mg, Apigenin: 15.37mg, Apigenin: 15.37mg, Apigenin: 15.37mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 274.82kcal (13.74%), Fat: 21.45g (33.01%), Saturated Fat: 3g (18.76%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 5.52g (2.01%), Sugar: 3.97g (4.41%), Cholesterol: 64.4mg (21.47%), Sodium: 14220.06mg (618.26%), Alcohol: 3.09g (100%), Alcohol %: 1.68% (100%), Protein: 9.37g (18.74%), Vitamin K: 150.22µg (143.07%), Vitamin C: 58.13mg (70.46%), Vitamin A: 1695.92IU (33.92%), Vitamin E: 3.86mg (25.76%), Phosphorus: 129.77mg (12.98%), Potassium: 432.04mg (12.34%), Manganese: 0.24mg (12.12%), Copper: 0.23mg (11.51%), Folate: 38.66µg (9.67%), Fiber: 2.19g (8.78%), Iron: 1.53mg (8.47%), Vitamin B6: 0.17mg (8.38%), Magnesium: 33.33mg (8.33%), Calcium: 70.84mg (7.08%), Zinc: 0.89mg (5.9%), Vitamin B3: 0.76mg (3.81%), Vitamin B2: 0.06mg (3.31%), Vitamin B1: 0.04mg (2.91%), Vitamin B5: 0.26mg (2.58%)