



Garlic-marinated Shrimp with Chimichurri Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



98 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 garlic cloves chopped
- 12 servings chimichurri sauce
- 3 tablespoons olive oil extra-virgin
- 0.1 teaspoon pepper dried red crushed
- 2 pounds shrimp deveined peeled

Equipment

- bowl

frying pan

oven

Directions

Combine shrimp and next 3 ingredients in a large bowl; cover and chill 1 hour.

Arrange the marinated shrimp on a greased jelly-roll pan.

Bake at 500 for 5 to 6 minutes or until pink.

Serve with Chimichurri Sauce.

Wine note: Napa Valley winemaker Jeff Morgan produces Solo

Rosa, a dry California ros, and Covenant, a kosher Cabernet Sauvignon. Jeff wrote Dean & DeLuca: The Food and Wine Cookbook and The Working Parents Cookbook. His recently penned wine book, Ros, A Guide to the World's Most Versatile Wine, appeared in bookstores in May. Below, Jeff pairs wine with this flavorful shrimp recipe.

A pungent, full-flavored dish such as this one calls for an equally full-bodied wine as a pairing partner. The chimichurri sauce, redolent of cilantro, parsley, lime juice, and spices, needs an uncommon wine with pedigree to refresh the palate. Try Trimbach Pinot Gris from Alsace (about \$17). – Jeff Morgan

Nutrition Facts


PROTEIN 61.93% **FAT 35.54%** **CARBS 2.53%**

Properties

Glycemic Index:2.5, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.9326086987782%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 97.97kcal (4.9%), Fat: 3.89g (5.99%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 0.62g (0.21%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.24g (0.27%), Cholesterol: 121.71mg (40.57%), Sodium: 102.54mg (4.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.54%), Phosphorus: 163.37mg (16.34%), Copper: 0.3mg (14.94%), Zinc: 1.03mg (6.84%), Magnesium: 26.74mg (6.69%), Potassium: 204.03mg (5.83%), Calcium: 50.3mg (5.03%), Vitamin E: 0.51mg (3.42%), Iron: 0.43mg (2.41%), Manganese: 0.04mg (2.1%), Vitamin K: 2.15µg

(2.04%)