



Garlic-Roasted Shrimp with Red Peppers and Smoked Paprika



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



125 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon ground pepper
- ☐ 0.5 cup sherry dry
- ☐ 6 garlic clove minced
- ☐ 3 pounds shrimp with tails left intact, deveined uncooked peeled
- ☐ 6 tablespoons olive oil
- ☐ 1.5 tablespoons oregano fresh chopped
- ☐ 3 bell pepper red cut into 1 1/2-inch triangles

☐ 2.5 tablespoons paprika smoked

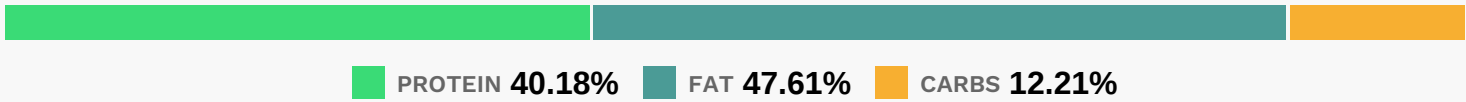
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Spray two 13x9x2-inch metal baking pans with nonstick spray.
- ☐ Mix shrimp, peppers, oil, garlic, smoked paprika, and cayenne in large bowl to coat. Divide mixture between prepared pans, arranging shrimp in single layer.
- ☐ Sprinkle with salt and pepper. (Can be prepared 8 hours ahead. Cover and chill.)
- ☐ Preheat oven to 400°F. Roast shrimp 10 minutes. Turn shrimp; sprinkle with oregano. Roast until shrimp are just opaque in center, about 7 minutes longer.
- ☐ Transfer shrimp and peppers to platter.
- ☐ Place pans over 2 burners on medium heat.
- ☐ Add half of Sherry to each; boil until reduced by half, scraping up browned bits, about 2 minutes.
- ☐ Drizzle over shrimp and serve warm or at room temperature.
- ☐ *Sold at Middle Eastern markets, specialty foods stores, and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:8.06, Glycemic Load:0.46, Inflammation Score:-8, Nutrition Score:10.900869610517%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg,

Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 125.15kcal (6.26%), Fat: 6.36g (9.79%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 2.56g (0.93%), Sugar: 1.17g (1.3%), Cholesterol: 107.16mg (35.72%), Sodium: 483.84mg (21.04%), Alcohol: 0.77g (100%), Alcohol %: 0.8% (100%), Protein: 12.08g (24.17%), Selenium: 25.46µg (36.38%), Vitamin C: 29.03mg (35.18%), Vitamin A: 1450.49IU (29.01%), Phosphorus: 220.89mg (22.09%), Vitamin E: 2.67mg (17.82%), Vitamin B12: 0.94µg (15.73%), Vitamin B6: 0.25mg (12.55%), Vitamin B3: 1.89mg (9.45%), Copper: 0.17mg (8.67%), Vitamin K: 8.45µg (8.05%), Folate: 28.31µg (7.08%), Magnesium: 25.82mg (6.46%), Zinc: 0.97mg (6.44%), Calcium: 60.43mg (6.04%), Manganese: 0.12mg (6.03%), Potassium: 186.43mg (5.33%), Fiber: 1.11g (4.43%), Iron: 0.76mg (4.2%), Vitamin B5: 0.38mg (3.76%), Vitamin B2: 0.05mg (3.01%), Vitamin B1: 0.04mg (2.44%)