



Garlic Shrimp

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon chili flakes hot
- 3 tablespoons garlic minced
- 0.3 cup olive oil
- 2 tablespoons parsley chopped
- 6 servings salt
- 0.3 cup cooking sherry dry white dry
- 1 pound shrimp deveined rinsed peeled per lb.),

Equipment

- bowl
- frying pan

Directions

- In a 10- to 12-inch frying pan over medium-high heat, stir garlic in olive oil just until it begins to turn gold, 2 to 3 minutes.
- Add shrimp and stir until almost completely pink, about 2 minutes.
- Add sherry, parsley, and hot chili flakes and stir often until shrimp are barely opaque but still moist-looking in center of thickest part (cut to test), about 1 minute.
- Add salt to taste.
- Pour into a serving dish or individual bowls.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.44, Inflammation Score:-2, Nutrition Score:5.3808695220429%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 188.18kcal (9.41%), Fat: 12.44g (19.14%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 1.65g (0.6%), Sugar: 0.19g (0.21%), Cholesterol: 121.71mg (40.57%), Sodium: 288.82mg (12.56%), Alcohol: 1.37g (100%), Alcohol %: 1.63% (100%), Protein: 15.52g (31.04%), Vitamin K: 29.39µg (27.99%), Phosphorus: 171.57mg (17.16%), Copper: 0.31mg (15.59%), Vitamin E: 1.8mg (12.03%), Magnesium: 29.71mg (7.43%), Zinc: 1.1mg (7.32%), Potassium: 235.88mg (6.74%), Calcium: 59.45mg (5.95%), Manganese: 0.11mg (5.64%), Iron: 0.68mg (3.76%), Vitamin C: 3.02mg (3.66%), Vitamin A: 162.1IU (3.24%), Vitamin B6: 0.06mg (3.05%)