



Garlic Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



164 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 large garlic cloves chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 pound shrimp deveined uncooked
- ☐ 0.8 cup olive oil
- ☐ 1 teaspoon sea salt fine
- ☐ 0.5 cup onion white coarsely chopped

Equipment

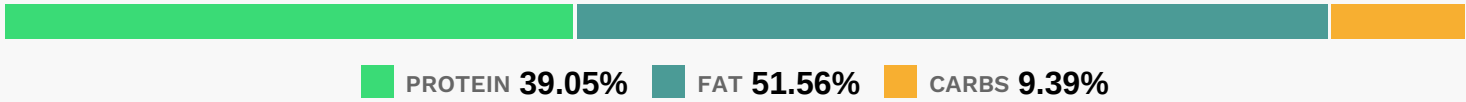
- ☐ bowl

- ☐ frying pan
- ☐ blender

Directions

- ☐ Puree 1/2 cup oil, onion, garlic, salt, and pepper in blender until almost smooth.
- ☐ Place shrimp in small bowl. Stir in oil mixture.
- ☐ Let shrimp marinate 1 hour.
- ☐ Heat remaining 1/4 cup oil in heavy large skillet over high heat.
- ☐ Add shrimp with marinade and sauté just until shrimp are opaque in center, about 4 minutes.
Divide shrimp and marinade from skillet among 4 plates and serve.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.65, Inflammation Score:-3, Nutrition Score:9.290869464045%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 164.1kcal (8.2%), Fat: 9.28g (14.28%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 3.35g (1.22%), Sugar: 0.87g (0.97%), Cholesterol: 142.88mg (47.63%), Sodium: 1224.6mg (53.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.82g (31.65%), Selenium: 34µg (48.57%), Phosphorus: 286.33mg (28.63%), Vitamin B12: 1.26µg (20.98%), Vitamin E: 2.67mg (17.81%), Vitamin B6: 0.24mg (11.76%), Copper: 0.22mg (11.23%), Vitamin B3: 2.06mg (10.29%), Zinc: 1.16mg (7.76%), Calcium: 71.46mg (7.15%), Magnesium: 27.95mg (6.99%), Manganese: 0.13mg (6.48%), Folate: 25.46µg (6.36%), Vitamin K: 5.74µg (5.47%), Potassium: 169.89mg (4.85%), Vitamin A: 206.09IU (4.12%), Vitamin B5: 0.39mg (3.93%), Vitamin C: 2.18mg (2.64%), Vitamin B1: 0.04mg (2.44%), Iron: 0.39mg (2.18%), Fiber: 0.45g (1.8%), Vitamin B2: 0.03mg (1.49%)