



Hot Pepper and Garlic Shrimp



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



122 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 large garlic cloves thinly sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 12 servings accompaniment: lemon wedges
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 teaspoon pepper flakes dried red hot
- ☐ 0.5 teaspoon sea salt fine
- ☐ 2 pounds shrimp in shell deveined peeled per pound), , leaving tail and first segment of shell intact, and

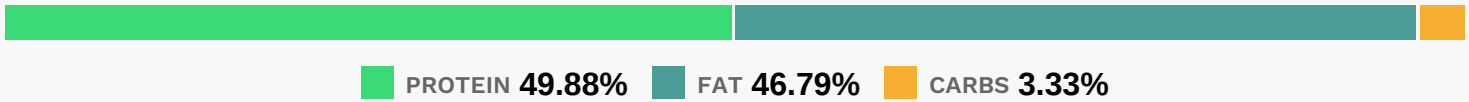
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Pat shrimp dry. Cook garlic, red pepper flakes, and sea salt in oil in a 12-inch heavy skillet over moderately low heat, stirring occasionally, until garlic is pale golden, 4 to 5 minutes. Increase heat to moderately high, then add shrimp and sauté, turning occasionally, until shrimp are just cooked through, 3 to 4 minutes.
- ☐ Remove from heat and stir in lemon juice, then transfer to a serving bowl.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:3.4178261040993%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 121.71kcal (6.09%), Fat: 6.41g (9.86%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.08g (0.09%), Cholesterol: 121.71mg (40.57%), Sodium: 188.12mg (8.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.38g (30.75%), Phosphorus: 165.99mg (16.6%), Copper: 0.3mg (15.21%), Zinc: 1.05mg (6.97%), Magnesium: 27.3mg (6.83%), Potassium: 213.17mg (6.09%), Vitamin E: 0.89mg (5.9%), Calcium: 53.5mg (5.35%), Vitamin K: 3.7µg (3.52%), Manganese: 0.07mg (3.41%), Iron: 0.48mg (2.69%), Vitamin C: 1.79mg (2.17%), Vitamin B6: 0.03mg (1.66%)