



Jamaican Hot Pepper Shrimp

 Gluten Free  Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



120 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 pepper flakes fresh halved seeded
- ☐ 4 garlic clove crushed
- ☐ 2 tablespoons salt
- ☐ 0.5 cup spring onion chopped
- ☐ 1 lb shrimp per lb)
- ☐ 3 thyme sprigs fresh
- ☐ 4 cups water

☐ 10 allspice whole

Equipment

☐ bowl

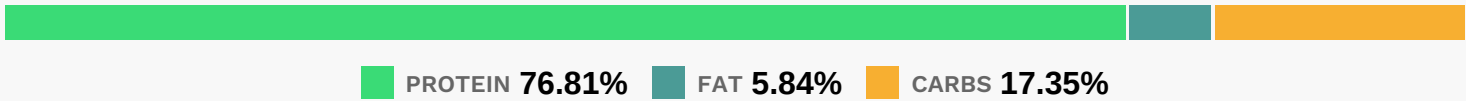
☐ pot

☐ slotted spoon

Directions

- ☐ Combine all ingredients except shrimp in a 4-quart heavy pot and bring to a boil, then reduce heat and simmer, covered, 20 minutes.
- ☐ Stir in shrimp, making sure they are just covered by liquid, and remove pot from heat. Cool shrimp in liquid to room temperature, uncovered, about 1 hour.
- ☐ Transfer shrimp with a slotted spoon to a plate or bowl and drizzle some of cooking liquid on top.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:1.66, Inflammation Score:-8, Nutrition Score:11.230434687241%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 120.4kcal (6.02%), Fat: 0.81g (1.24%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 4.29g (1.56%), Sugar: 2.11g (2.35%), Cholesterol: 182.57mg (60.86%), Sodium: 3640.85mg (158.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.93g (47.85%), Vitamin C: 53.08mg (64.34%), Vitamin K: 31.06µg (29.58%), Copper: 0.56mg (27.78%), Phosphorus: 267.87mg (26.79%), Magnesium: 55.12mg (13.78%), Potassium: 465.8mg (13.31%), Zinc: 1.74mg (11.62%), Manganese: 0.23mg (11.59%), Vitamin B6: 0.22mg (10.97%), Calcium: 106.78mg (10.68%), Vitamin A: 484.55IU (9.69%), Iron: 1.38mg (7.64%), Fiber: 1.12g (4.47%), Folate: 16.32µg (4.08%), Vitamin B2: 0.05mg (2.73%), Vitamin B3: 0.53mg (2.65%), Vitamin B1: 0.04mg (2.54%), Vitamin E: 0.31mg

(2.04%), Vitamin B5: 0.1mg (1.02%)