



Jumbo Shrimp with Basil and Mint Pesto

 **Gluten Free**

READY IN

ready

26 min.

SERVINGS

servings

6

CALORIES

calories

278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup lightly basil leaves fresh packed
- ☐ 1 garlic clove
- ☐ 2 pounds shrimp uncooked peeled
- ☐ 0.8 cups lightly mint leaves fresh packed
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons parmesan freshly grated
- ☐ 0.3 cup pinenuts toasted

☐ 6 servings salt and pepper black freshly ground

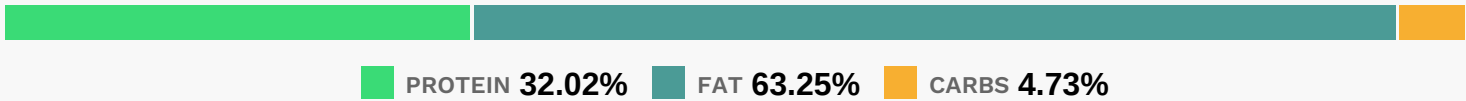
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Blend the mint, basil, pine nuts, and garlic in a food processor until finely chopped. With the machine running, gradually add 1/4 cup of olive oil, processing until well blended.
- ☐ Transfer the pesto to a medium bowl. Stir in the Parmesan. Season, to taste, with salt and pepper.
- ☐ Toss the shrimp with the extra-virgin olive oil in a large bowl to coat.
- ☐ Sprinkle with salt and pepper, and toss again.
- ☐ Heat a heavy large skillet over high heat. Working in 2 batches, add the shrimp and saute until just cooked through, about 3 minutes. Toss the shrimp with enough pesto to coat.
- ☐ Transfer the shrimp to a platter and serve.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:15.548260937566%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 277.95kcal (13.9%), Fat: 19.54g (30.07%), Saturated Fat: 2.63g (16.41%), Carbohydrates: 3.29g (1.1%), Net Carbohydrates: 2.56g (0.93%), Sugar: 0.23g (0.25%), Cholesterol: 191.64mg (63.88%), Sodium: 884.79mg (38.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.26g (44.52%), Selenium: 45.25µg (64.64%), Phosphorus: 418.98mg (41.9%), Manganese: 0.65mg (32.48%), Vitamin E: 4.51mg (30.06%), Vitamin B12: 1.7µg (28.3%), Vitamin K: 20.21µg (19.25%), Copper: 0.38mg (18.95%), Vitamin B3: 3.06mg (15.29%), Magnesium: 54.19mg (13.55%), Vitamin B6: 0.27mg (13.35%), Zinc: 1.96mg (13.07%), Vitamin A: 631.85IU (12.64%), Calcium: 120.97mg (12.1%), Folate: 38.56µg (9.64%), Potassium: 247.34mg (7.07%), Iron: 1.09mg (6.03%), Vitamin B5: 0.52mg (5.21%), Vitamin B1: 0.06mg (3.85%), Vitamin B2: 0.06mg (3.42%), Fiber: 0.73g (2.9%), Vitamin C: 2.35mg (2.85%), Vitamin D: 0.16µg (1.06%)