



Lemon and Cilantro Shrimp



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 cups cilantro leaves fresh chopped
- ☐ 4 servings ground pepper black to taste
- ☐ 1 juice of lemon juiced
- ☐ 20 jumbo shrimp deveined peeled
- ☐ 6 lemon zest
- ☐ 4 servings salt to taste

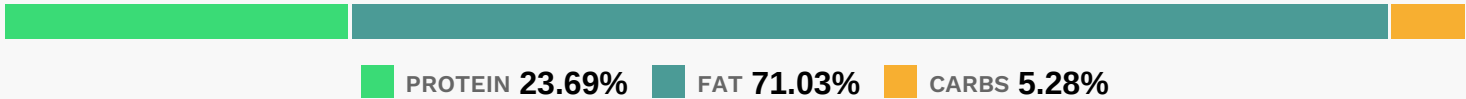
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl, toss shrimp with lemon zest and cilantro to coat.
- ☐ Heat the oil in a skillet over medium heat.
- ☐ Sprinkle oil with salt, then stir in the shrimp, lemon zest, and cilantro. Cook, stirring, 5 minutes, or until shrimp are opaque.
- ☐ Transfer to a serving bowl, drizzle with remaining oil, lemon zest, and olive oil from the skillet. Squeeze lemon juice over shrimp, season with pepper, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:6.0543478034113%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 169.81kcal (8.49%), Fat: 13.84g (21.3%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.63g (0.71%), Cholesterol: 80.5mg (26.83%), Sodium: 257.88mg (11.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.39g (20.78%), Vitamin K: 33.09µg (31.51%), Vitamin C: 16.67mg (20.21%), Vitamin E: 2.18mg (14.53%), Phosphorus: 112.68mg (11.27%), Copper: 0.22mg (11.22%), Vitamin A: 545.34IU (10.91%), Potassium: 197.31mg (5.64%), Magnesium: 21.56mg (5.39%), Calcium: 50.57mg (5.06%), Zinc: 0.74mg (4.92%), Fiber: 1.23g (4.9%), Manganese: 0.06mg (3.24%), Iron: 0.57mg (3.15%), Folate: 7.65µg (1.91%), Vitamin B6: 0.03mg (1.56%), Vitamin B2: 0.02mg (1.26%)