



Lemony Shrimp and Spinach

 **Gluten Free**  **Dairy Free**

READY IN



33 min.

SERVINGS



4

CALORIES



160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 oz baby spinach fresh
- 0.5 cup chicken broth
- 3 garlic clove minced
- 3 tablespoons juice of lemon fresh
- 1 teaspoon lemon zest
- 2 tablespoons olive oil
- 1 pound shrimp raw unpeeled ()
- 0.3 tsp pepper dried red crushed

4 servings salt and pepper to taste

Equipment

frying pan

Directions

Peel shrimp; devein, if desired.

Saut shrimp and garlic in hot oil in a large skillet over medium-high heat 3 to 4 minutes or just until shrimp turn pink.

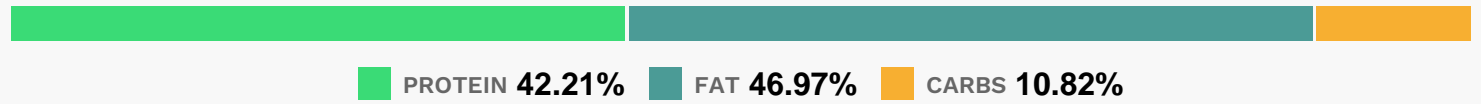
Remove shrimp from skillet; keep warm.

Add chicken broth and next 3 ingredients to skillet, stirring to loosen particles from bottom of skillet. Cook 4 to 5 minutes or until liquid is reduced by half.

Add spinach, and cook 2 minutes or just until spinach is wilted. Stir in shrimp. Season with salt and pepper to taste.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.4, Inflammation Score:-10, Nutrition Score:21.609565268392%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 160.35kcal (8.02%), Fat: 8.43g (12.97%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 3.25g (1.18%), Sugar: 0.64g (0.71%), Cholesterol: 143.47mg (47.82%), Sodium: 980.91mg (42.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.04g (34.09%), Vitamin K: 210.12µg (200.11%), Vitamin A:

4230.4IU (84.61%), Selenium: 34.47µg (49.24%), Phosphorus: 303.48mg (30.35%), Folate: 106.46µg (26.62%), Manganese: 0.47mg (23.47%), Vitamin E: 3.45mg (22.98%), Vitamin C: 17.65mg (21.4%), Vitamin B12: 1.26µg (21.08%), Vitamin B6: 0.3mg (15.1%), Magnesium: 60.34mg (15.08%), Copper: 0.28mg (13.82%), Vitamin B3: 2.43mg (12.15%), Potassium: 394.67mg (11.28%), Calcium: 110.53mg (11.05%), Zinc: 1.38mg (9.23%), Iron: 1.52mg (8.47%), Vitamin B2: 0.12mg (7.09%), Vitamin B1: 0.07mg (4.66%), Fiber: 1.11g (4.45%), Vitamin B5: 0.41mg (4.13%)