



Marinated Lemon Shrimp With Olives

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup honey
- ☐ 1 teaspoon hot sauce
- ☐ 1 optional: lemon sliced
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.5 cup olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 5.8 oz pimiento-stuffed olives spanish drained
- ☐ 1 pound shrimp raw unpeeled

- ☐ 1 small onion red sliced cut in half and
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup vinegar white

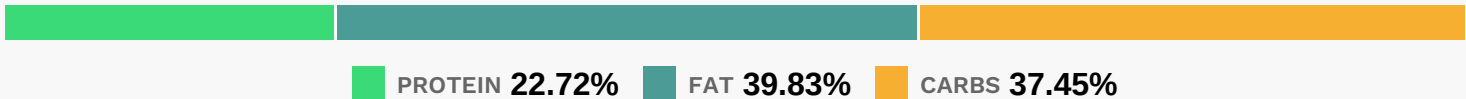
Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Bring 2 qt. water to a boil in a Dutch oven; add shrimp, and cook 3 to 5 minutes or just until shrimp turn pink.
- ☐ Drain and rinse with cold water. Peel shrimp, leaving tails on; devein, if desired.
- ☐ Whisk together vinegar and next 6 ingredients in a large bowl.
- ☐ Pour mixture into a large zip-top plastic freezer bag; add shrimp, olives, onion, and lemon, turning to coat. Seal and chill 4 hours, turning occasionally.
- ☐ Drain mixture, discarding marinade.
- ☐ Place in serving bowls.

Nutrition Facts



Properties

Glycemic Index:46.69, Glycemic Load:10.16, Inflammation Score:-6, Nutrition Score:12.798260916834%

Flavonoids

Eriodictyol: 7.26mg, Eriodictyol: 7.26mg, Eriodictyol: 7.26mg, Eriodictyol: 7.26mg Hesperetin: 11.95mg, Hesperetin: 11.95mg, Hesperetin: 11.95mg, Hesperetin: 11.95mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg

Quercetin: 6mg, Quercetin: 6mg

Nutrients (% of daily need)

Calories: 286.63kcal (14.33%), Fat: 12.97g (19.96%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 27.44g (9.15%), Net Carbohydrates: 24.67g (8.97%), Sugar: 20.26g (22.51%), Cholesterol: 142.88mg (47.63%), Sodium: 1598.59mg (69.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.65g (33.31%), Selenium: 34.63µg (49.47%), Vitamin C: 29mg (35.15%), Phosphorus: 296.32mg (29.63%), Vitamin E: 3.92mg (26.15%), Vitamin B12: 1.26µg (20.98%), Copper: 0.3mg (14.76%), Vitamin B6: 0.27mg (13.56%), Vitamin B3: 2.23mg (11.15%), Fiber: 2.77g (11.07%), Calcium: 103.16mg (10.32%), Folate: 37.59µg (9.4%), Magnesium: 37.56mg (9.39%), Zinc: 1.25mg (8.34%), Manganese: 0.16mg (7.82%), Potassium: 270.93mg (7.74%), Vitamin A: 375.58IU (7.51%), Vitamin B5: 0.5mg (5.05%), Iron: 0.85mg (4.71%), Vitamin K: 4.7µg (4.48%), Vitamin B1: 0.06mg (4.18%), Vitamin B2: 0.05mg (2.74%)