



Marinated Shrimp

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



84 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup vermouth dry
- ☐ 1 tablespoon marjoram fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 1 jalapeno finely chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil divided
- ☐ 0.5 teaspoon pepper sauce hot such as Tabasco

- ☐ 1 teaspoon salt
- ☐ 1.8 pounds shrimp deveined peeled

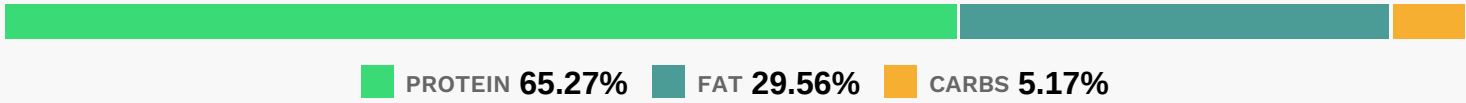
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Combine first 9 ingredients in a large zip-top plastic bag. Marinate in refrigerator 30 minutes, turning bag occasionally.
- ☐ Heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add half of shrimp; cook 1 1/2 minutes on each side or until done.
- ☐ Remove shrimp from pan. Repeat with remaining olive oil and remaining shrimp.

Nutrition Facts



Properties

Glycemic Index:11.58, Glycemic Load:0.16, Inflammation Score:-7, Nutrition Score:3.2821738901346%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 84.49kcal (4.22%), Fat: 2.71g (4.17%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 1.07g (0.36%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.12g (0.14%), Cholesterol: 106.5mg (35.5%), Sodium: 277.39mg (12.06%), Alcohol: 0.47g (100%), Alcohol %: 0.75% (100%), Protein: 13.45g (26.91%), Phosphorus: 144.94mg (14.49%), Copper: 0.27mg (13.47%), Magnesium: 25.69mg (6.42%), Zinc: 0.92mg (6.16%), Vitamin C: 4.88mg (5.91%), Potassium: 192.44mg (5.5%), Calcium: 49.55mg (4.95%), Vitamin K: 4.37µg (4.17%), Iron: 0.6mg (3.31%), Manganese: 0.06mg (3.04%), Vitamin E: 0.38mg (2.56%), Vitamin A: 82.56IU (1.65%), Vitamin B6: 0.02mg (1.15%)