

Marinated Shrimp with Capers and Dill



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 head boston lettuce separated
- ☐ 0.3 cup capers drained
- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 large garlic clove minced
- ☐ 2 spring onion thinly sliced
- ☐ 1 optional: lemon cut into rounds
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 1 tablespoon lemon zest grated
- ☐ 10 tablespoons olive oil
- ☐ 1.5 pounds shrimp deveined uncooked peeled

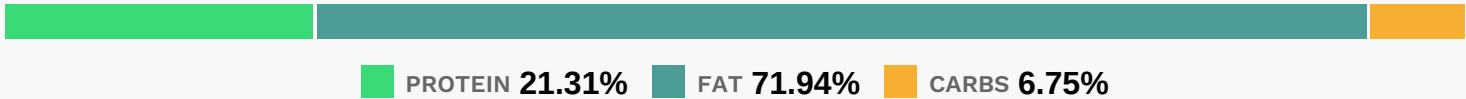
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat 2 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Sprinkle shrimp with salt and pepper; add shrimp to skillet and sauté until just opaque in center, about 3 minutes.
- ☐ Transfer to plate.
- ☐ Whisk next 5 ingredients in large bowl.
- ☐ Whisk in 8 tablespoons oil; season with salt and pepper.
- ☐ Mix in shrimp and accumulated juices, capers and green onions. Cool slightly, then cover and refrigerate at least 3 hours and up to 1 day.
- ☐ Arrange butter lettuce leaves on 8 plates. Top with shrimp, dividing equally.
- ☐ Drizzle with more marinade, if desired.
- ☐ Garnish with lemon rounds and fresh dill sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:16.81, Glycemic Load:0.35, Inflammation Score:-7, Nutrition Score:11.188260837742%

Flavonoids

Eriodictyol: 3.16mg, Eriodictyol: 3.16mg, Eriodictyol: 3.16mg, Eriodictyol: 3.16mg Hesperetin: 4.58mg, Hesperetin: 4.58mg, Hesperetin: 4.58mg, Hesperetin: 4.58mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg,

Naringenin: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.56mg, Quercetin: 10.56mg, Quercetin: 10.56mg

Nutrients (% of daily need)

Calories: 228.9kcal (11.45%), Fat: 18.64g (28.68%), Saturated Fat: 2.55g (15.94%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 2.81g (1.02%), Sugar: 0.86g (0.95%), Cholesterol: 107.16mg (35.72%), Sodium: 676.46mg (29.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.42g (24.85%), Selenium: 26.83µg (38.32%), Vitamin K: 39.26µg (37.39%), Vitamin E: 3.79mg (25.25%), Phosphorus: 223.86mg (22.39%), Vitamin A: 879.49IU (17.59%), Vitamin B12: 0.94µg (15.73%), Vitamin C: 12.19mg (14.77%), Copper: 0.19mg (9.64%), Folate: 37.35µg (9.34%), Vitamin B6: 0.18mg (9.17%), Vitamin B3: 1.69mg (8.43%), Magnesium: 27.34mg (6.83%), Calcium: 66.36mg (6.64%), Zinc: 0.94mg (6.28%), Potassium: 190.23mg (5.44%), Manganese: 0.1mg (5.22%), Iron: 0.84mg (4.64%), Fiber: 1.13g (4.52%), Vitamin B5: 0.35mg (3.49%), Vitamin B1: 0.05mg (3.14%), Vitamin B2: 0.04mg (2.54%)