



Pan-Roasted Sizzling Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 anaheim chili fresh seeded cut into thin strips
- ☐ 0.5 teaspoon cumin
- ☐ 1 garlic clove minced
- ☐ 0.5 jalapeno seeded cut into thin strips
- ☐ 2 tablespoons olive oil
- ☐ 0.5 small onion cut into thin strips (1 cup)
- ☐ 1 bell pepper red seeded cut into thin strips
- ☐ 2 servings salt and pepper

☐

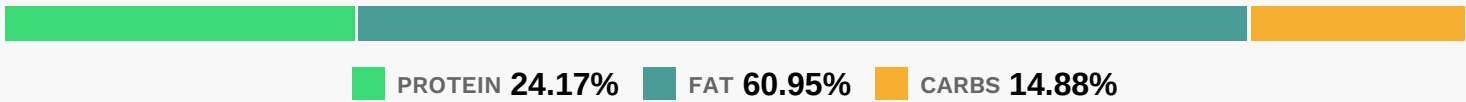
12 large shrimp deveined peeled

Equipment

Directions

- ☐ Chopped fresh cilantro
- ☐ Serve hot over Lime-Scented Rice.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:1.3, Inflammation Score:-9, Nutrition Score:12.416087008041%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 209.91kcal (10.5%), Fat: 14.63g (22.51%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 5.38g (1.96%), Sugar: 4.34g (4.83%), Cholesterol: 96.6mg (32.2%), Sodium: 362.99mg (15.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.06g (26.12%), Vitamin C: 85.47mg (103.6%), Vitamin A: 1907.51IU (38.15%), Vitamin E: 3.1mg (20.68%), Phosphorus: 154.65mg (15.46%), Copper: 0.26mg (13.11%), Vitamin K: 12.11µg (11.54%), Vitamin B6: 0.23mg (11.48%), Fiber: 2.65g (10.61%), Potassium: 333.31mg (9.52%), Magnesium: 32.63mg (8.16%), Folate: 31.74µg (7.93%), Manganese: 0.15mg (7.73%), Zinc: 1.03mg (6.86%), Iron: 1.05mg (5.84%), Calcium: 54.64mg (5.46%), Vitamin B2: 0.06mg (3.59%), Vitamin B3: 0.68mg (3.4%), Vitamin B1: 0.05mg (3.18%), Vitamin B5: 0.23mg (2.3%)