



Peel-and-Eat Hot Pepper Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



75 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 4 scotch bonnet peppers halved
- ☐ 3 garlic clove crushed peeled
- ☐ 3 spring onion coarsely chopped
- ☐ 2 tablespoons salt
- ☐ 1 pound shrimp uncooked unpeeled
- ☐ 3 large thyme sprigs fresh
- ☐ 2 cups water

☐

1.5 teaspoons allspice whole

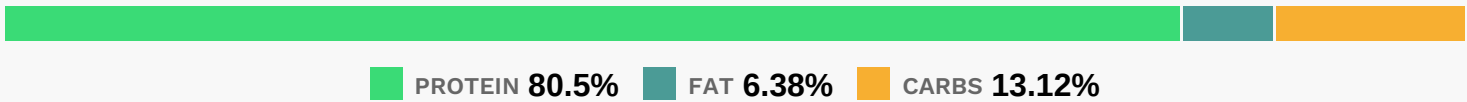
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine water, Scotch bonnet or habanero chiles, green onions, thyme, crushed garlic, salt, bay leaf, and allspice in heavy large saucepan. Bring to boil. Reduce heat; cover and simmer 10 minutes to blend flavors.
- ☐ Add shrimp and bring to boil.
- ☐ Remove pan from heat; let stand until cooked through, about 20 minutes.
- ☐ Drain, discarding liquid.
- ☐ Transfer shrimp to bowl and serve warm or at room temperature, allowing diners to peel their own shrimp.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:5.0660869064538%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 74.88kcal (3.74%), Fat: 0.55g (0.85%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 1.92g (0.7%), Sugar: 0.51g (0.56%), Cholesterol: 121.71mg (40.57%), Sodium: 2422.2mg (105.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.63g (31.26%), Phosphorus: 171.1mg (17.11%), Copper: 0.34mg (16.89%), Vitamin C: 12.47mg (15.11%), Vitamin K: 13.38µg (12.74%), Magnesium: 32.9mg (8.23%), Potassium: 260.1mg

(7.43%), Zinc: 1.11mg (7.38%), Calcium: 70.47mg (7.05%), Manganese: 0.12mg (6.22%), Iron: 0.78mg (4.32%), Vitamin A: 154.86IU (3.1%), Vitamin B6: 0.06mg (3.03%), Fiber: 0.63g (2.51%), Folate: 6.12µg (1.53%)