



Peel and Eat Shrimp

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 clove garlic minced peeled (and)
- ☐ 0.3 cup hot sauce to taste (or)
- ☐ 1 pinch kosher salt
- ☐ 1 optional: lemon thinly sliced ()
- ☐ 0.5 cup juice of lemon freshly squeezed
- ☐ 1 pinch freshly cracked pepper black
- ☐ 0.5 teaspoon pepper flakes red crushed to taste (or)
- ☐ 2 tablespoon rosemary leaves

- ☐ 1 pound shrimp medium to large unpeeled ()
- ☐ 8 tablespoon butter unsalted
- ☐ 0.3 cup worcestershire sauce

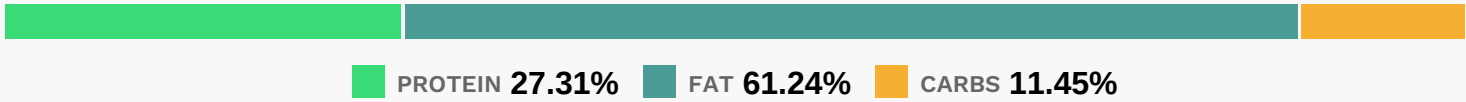
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large (at least 12-inch) cast-iron skillet over medium-high heat.
- ☐ Add butter, and cook until melted and foamy, but do not let it brown.
- ☐ Add the lemon slices in a single layer and cook them undisturbed until they begin to brown, about 4 minutes. Flip the lemon slices and add rosemary, red pepper flakes, garlic, lemon juice, Worcestershire and hot sauce; bring a simmer. Season the shrimp with salt and pepper then add them to the skillet. They should sizzle as they hit the pan. Cook, stirring and turning often, until they are pink and firm to the touch, about 3 to 4 minutes total.
- ☐ Serve on a platter in a big, help yourself heap.

Nutrition Facts



Properties

Glycemic Index:78.75, Glycemic Load:1.76, Inflammation Score:-9, Nutrition Score:20.079565260721%

Flavonoids

Eriodictyol: 14.51mg, Eriodictyol: 14.51mg, Eriodictyol: 14.51mg, Eriodictyol: 14.51mg Hesperetin: 23.89mg, Hesperetin: 23.89mg, Hesperetin: 23.89mg, Hesperetin: 23.89mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 670.24kcal (33.51%), Fat: 47.41g (72.93%), Saturated Fat: 29.22g (182.64%), Carbohydrates: 19.95g (6.65%), Net Carbohydrates: 17g (6.18%), Sugar: 6.83g (7.59%), Cholesterol: 485.54mg (161.85%), Sodium:

1547.12mg (67.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.57g (95.15%), Vitamin C: 82.24mg (99.68%), Phosphorus: 548.39mg (54.84%), Copper: 1.04mg (51.86%), Vitamin A: 1702.36IU (34.05%), Potassium: 1121.31mg (32.04%), Calcium: 253.81mg (25.38%), Magnesium: 101.18mg (25.29%), Iron: 4.31mg (23.93%), Zinc: 3.41mg (22.71%), Manganese: 0.27mg (13.39%), Vitamin B6: 0.24mg (11.99%), Fiber: 2.95g (11.8%), Vitamin E: 1.73mg (11.54%), Folate: 30.84µg (7.71%), Vitamin B2: 0.13mg (7.54%), Vitamin B1: 0.1mg (6.5%), Vitamin D: 0.84µg (5.6%), Vitamin K: 5.7µg (5.42%), Vitamin B5: 0.32mg (3.18%), Selenium: 2.06µg (2.94%), Vitamin B3: 0.57mg (2.85%), Vitamin B12: 0.1µg (1.59%)