



Peppery Garlic Prawns



Gluten Free



Dairy Free



Popular

READY IN



75 min.

SERVINGS



2

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cloves garlic crushed
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon peppercorns black crushed
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 tablespoons brandy
- ☐ 1 lb shrimp raw split shelled (tails on or off)
- ☐ 1 tablespoons olive oil extra virgin
- ☐ 2 tablespoons parsley fresh chopped

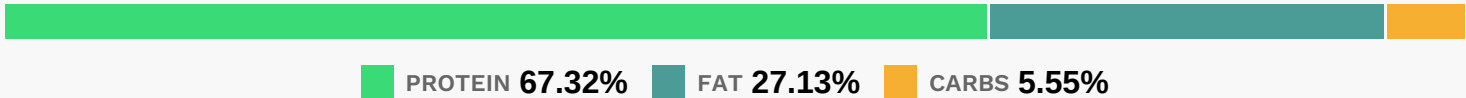
Equipment

☐ frying pan

Directions

- ☐ Mix together the crushed garlic, salt, crushed peppercorns, lemon juice and brandy.
- ☐ Add the shrimp and marinate at least an hour or up to overnight in the fridge.
- ☐ Heat a heavy skillet over medium high heat and add olive oil.
- ☐ Add shrimp and garlic mixture and cook quickly, tossing shrimp. The longer the shrimp has been marinating, the less time it takes to cook.
- ☐ Cook until the shrimp has turned opaque (generally only 2-3 minutes).
- ☐ Garnish with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:0.87, Inflammation Score:-4, Nutrition Score:13.849565207958%

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: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 305.76kcal (15.29%), Fat: 8.3g (12.76%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 3g (1.09%), Sugar: 0.17g (0.19%), Cholesterol: 365.14mg (121.71%), Sodium: 855.27mg (37.19%), Alcohol: 5.01g (100%), Alcohol %: 2.4% (100%), Protein: 46.32g (92.65%), Vitamin K: 73.52µg (70.02%), Phosphorus: 501.12mg (50.11%), Copper: 0.94mg (47.2%), Manganese: 0.47mg (23.33%), Magnesium: 86.81mg (21.7%), Zinc: 3.19mg (21.24%), Potassium: 677.26mg (19.35%), Calcium: 171.86mg (17.19%), Iron: 1.8mg (9.97%), Vitamin C: 8.16mg (9.89%), Vitamin E: 1.07mg (7.13%), Vitamin A: 349.68IU (6.99%), Vitamin B6: 0.09mg (4.29%), Fiber: 0.82g (3.29%), Folate: 7.13µg (1.78%), Selenium: 0.97µg (1.38%), Vitamin B1: 0.02mg (1.29%)