



Quick Sautéed Shrimp in Tomato Garlic Sauce

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup bottled clam juice
- 3 cloves garlic sliced into thin slivers
- 2 tablespoons juice of lemon fresh
- 2 tablespoons olive oil
- 4 roma tomatoes seeded chopped
- 4 servings salt and pepper black freshly ground
- 3 scallions finely chopped
- 16 colossal shrimp with tail on (1 1/4 pounds) shelled deveined

0.5 teaspoon sugar

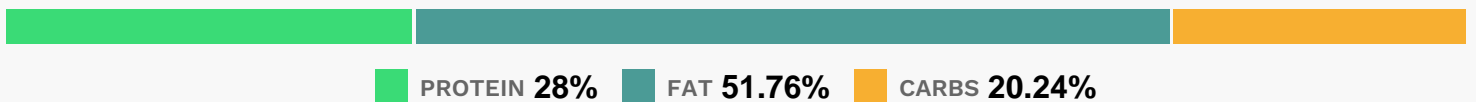
Equipment

frying pan

Directions

- In a large saute pan over medium heat, add the olive oil, scallions, garlic, a nice pinch of salt and a few grinds of black pepper. Cook until the greens of the scallions are wilted and darkened with the oil and the garlic is tender and slightly golden, about 4 minutes.
- Add the tomatoes, season with salt and cook while stirring until the tomatoes are softened, about 2 minutes.
- Add the clam juice and lemon juice, bring to a light simmer and stir. Taste, and if the tomatoes and lemon juice are too tart, add sugar and stir.
- Sprinkle the shrimp with salt and pepper and add to the pan. Cook on 1 side until the shrimp begins to turn opaque and curl slightly, 2 to 3 minutes. Then toss and cook until they just begin to turn pink on the other side, 1 to 2 more minutes. (Shrimp cooks fast and there's a thin line between done and overdone; the best rule is to remove the pan from the heat as they begin to reach the finish line. Continue tossing and the heat of the pan will continue to cook them until done.)
- Serve warm or chilled.

Nutrition Facts



Properties

Glycemic Index:50.52, Glycemic Load:1.34, Inflammation Score:-5, Nutrition Score:6.3104347952682%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 124.2kcal (6.21%), Fat: 7.41g (11.4%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 5.38g (1.96%), Sugar: 3.04g (3.38%), Cholesterol: 64.4mg (21.47%), Sodium: 106.29mg (4.62%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.02g (18.04%), Vitamin K: 27.94µg (26.61%), Vitamin C: 14.53mg (17.61%), Vitamin A: 629.42IU (12.59%), Phosphorus: 109.64mg (10.96%), Copper: 0.21mg (10.7%), Vitamin E: 1.42mg (9.48%), Potassium: 308.7mg (8.82%), Manganese: 0.15mg (7.72%), Magnesium: 24.54mg (6.14%), Zinc: 0.72mg (4.8%), Vitamin B6: 0.1mg (4.79%), Fiber: 1.13g (4.53%), Folate: 17.83µg (4.46%), Calcium: 44.5mg (4.45%), Iron: 0.62mg (3.47%), Vitamin B1: 0.04mg (2.49%), Vitamin B3: 0.47mg (2.37%), Vitamin B2: 0.02mg (1.45%)