



## Roasted Shrimp and Mushrooms with Ginger and Green Onions

 Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



314 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup canola oil
- 0.3 cup cilantro leaves fresh chopped
- 2 teaspoons ginger fresh grated peeled
- 2 garlic clove pressed
- 0.3 cup spring onion finely chopped
- 4 ounces oyster mushrooms
- 1 tablespoon seasoned rice vinegar

- 1 teaspoon sesame oil
- 10 large shells deveined uncooked

## Equipment

- bowl
- baking sheet
- oven
- kitchen scissors

## Directions

- Preheat oven to 500°F.
- Mix canola oil, onions, cilantro, garlic, vinegar, ginger, and sesame oil in medium bowl. Season generously with salt and pepper.
- Pull off legs from shrimp. Rub most of onion mixture under shells of shrimp. Arrange shrimp in single layer on large baking sheet.
- Add mushrooms to remaining onion mixture in bowl; toss to coat. Arrange on same baking sheet. Roast shrimp until opaque in center and mushrooms until tender, about 7 minutes. Divide between 2 plates.
- If you can't find deveined shrimp, use scissors to cut along the back side of each shrimp, exposing the vein.
- Remove the vein, leaving the shell intact.
- Per serving: 371 calories, 30g fat (2g saturated fat), 53mg cholesterol, 97mg sodium, 11g carbohydrates, 2g fiber, 16g protein
- Nutrition Data
- See Nutrition Data's complete analysis of this recipe ›

## Nutrition Facts

PROTEIN 3.74%  FAT 84.48%  CARBS 11.78%

## Properties

Glycemic Index:100.5, Glycemic Load:2.02, Inflammation Score:-4, Nutrition Score:9.6195652433064%

## Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

## Nutrients (% of daily need)

Calories: 314.43kcal (15.72%), Fat: 30.37g (46.73%), Saturated Fat: 2.4g (15.03%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 7.58g (2.76%), Sugar: 1.14g (1.27%), Cholesterol: 0mg (0%), Sodium: 14.36mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.05%), Vitamin K: 52.37µg (49.88%), Vitamin E: 5.06mg (33.73%), Vitamin B3: 3.02mg (15.09%), Vitamin B2: 0.22mg (12.83%), Manganese: 0.2mg (9.88%), Copper: 0.18mg (9.08%), Potassium: 314.7mg (8.99%), Phosphorus: 88.66mg (8.87%), Folate: 32µg (8%), Vitamin B5: 0.8mg (7.98%), Fiber: 1.95g (7.79%), Selenium: 5.21µg (7.44%), Iron: 1.1mg (6.14%), Vitamin B6: 0.12mg (6.02%), Vitamin B1: 0.09mg (6.01%), Vitamin A: 287.07IU (5.74%), Vitamin C: 3.93mg (4.76%), Magnesium: 17.57mg (4.39%), Zinc: 0.61mg (4.05%), Vitamin D: 0.4µg (2.65%), Calcium: 19.32mg (1.93%)