



Roasted Shrimp in Cazuela

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 baguette sliced
- ☐ 8 servings parsley fresh chopped for garnish
- ☐ 5 sprigs thyme leaves fresh
- ☐ 4 cloves garlic thinly sliced
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 cup olive oil
- ☐ 6 small chiles dried red
- ☐ 8 servings aged sherry vinegar for drizzling

☐

40 large shrimp shelled deveined

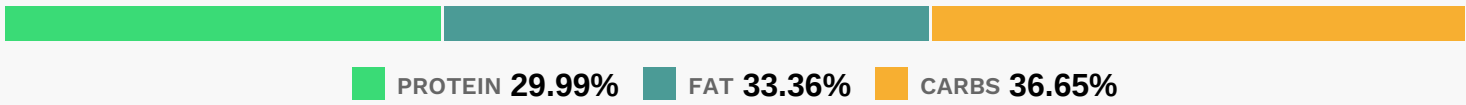
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Toss together the oil, chiles, thyme, garlic and some salt and pepper on a baking sheet. Roast until the oil is fragrant, about 10 minutes.
- ☐ Remove the baking sheet from the oven and add the shrimp, tossing with tongs to coat in the mixture. Roast until the shrimp are pink and just cooked through, about 8 minutes.
- ☐ Remove and drizzle with a splash of sherry vinegar and garnish with parsley.
- ☐ Serve with baguette slices.

Nutrition Facts



Properties

Glycemic Index:26.34, Glycemic Load:10.53, Inflammation Score:-7, Nutrition Score:9.5730434500653%

Flavonoids

Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 177.9kcal (8.89%), Fat: 6.58g (10.13%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 16.27g (5.42%), Net Carbohydrates: 15.23g (5.54%), Sugar: 1.67g (1.85%), Cholesterol: 80.5mg (26.83%), Sodium: 256.05mg (11.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.32g (26.63%), Vitamin K: 70.38µg (67.03%), Phosphorus: 143.12mg (14.31%), Vitamin B1: 0.19mg (12.6%), Copper: 0.25mg (12.5%), Manganese: 0.22mg (11.09%), Iron: 1.81mg

(10.03%), Folate: 40.05µg (10.01%), Vitamin A: 466.67IU (9.33%), Vitamin C: 6.93mg (8.4%), Selenium: 5.61µg (8.01%), Calcium: 76.54mg (7.65%), Vitamin B3: 1.53mg (7.63%), Magnesium: 29.7mg (7.43%), Vitamin B2: 0.11mg (6.68%), Zinc: 0.99mg (6.63%), Potassium: 213.08mg (6.09%), Vitamin E: 0.91mg (6.08%), Fiber: 1.04g (4.16%), Vitamin B6: 0.06mg (3.01%), Vitamin B5: 0.15mg (1.51%)