



HEALTH SCORE

75%

Roasted Spiced Shrimp on Wilted Spinach



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon chili powder
- ☐ 1 teaspoon gingerroot fresh grated peeled
- ☐ 1 teaspoon juice of lime fresh
- ☐ 4 servings accompaniment: lime wedges
- ☐ 0.1 teaspoon salt
- ☐ 2 scallions
- ☐ 0.5 teaspoon sesame oil
- ☐ 6 large shrimp

- ☐ 0.5 pound pkt spinach (1 bunch)
- ☐ 2 tablespoons water

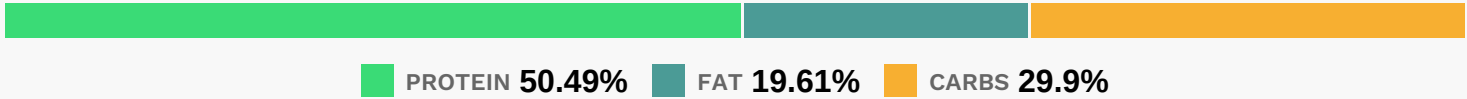
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Preheat oven to 450°F.Leaving shells intact, pull legs off shrimp and with a sharp knife halve shrimp lengthwise. Arrange shrimp, shell sides down, in one layer in a shallow baking pan. In a small bowl stir together chili powder and salt and sprinkle evenly over shrimp. Shrimp may be prepared up to this point 3 hours ahead and chilled, covered.
- ☐ Discard stems from spinach and diagonally cut scallions into 1/4-inch-thick slices.
- ☐ Drizzle shrimp with lime juice and roast in middle of oven until just cooked through, about 5 minutes.
- ☐ In a large nonstick skillet bring water with gingerroot to a simmer over moderate heat and add spinach. Cook spinach, stirring, until slightly wilted, about 20 seconds.
- ☐ Remove skillet from heat and immediately stir in scallions and oil until combined well. Season spinach with salt and pepper.
- ☐ Mound spinach in center of each of 4 plates and arrange shrimp halves around it.
- ☐ Serve shrimp and spinach with lime wedges.
- ☐ Each serving about 23 calories and less than 1 gram fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.39, Inflammation Score:-10, Nutrition Score:15.960000135328%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 33.32kcal (1.67%), Fat: 0.82g (1.27%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 1.36g (0.49%), Sugar: 0.43g (0.48%), Cholesterol: 24.15mg (8.05%), Sodium: 137.78mg (5.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.55%), Vitamin K: 286.42µg (272.79%), Vitamin A: 5396.15IU (107.92%), Folate: 114.11µg (28.53%), Manganese: 0.53mg (26.29%), Vitamin C: 17.75mg (21.52%), Magnesium: 51.79mg (12.95%), Potassium: 378.33mg (10.81%), Iron: 1.72mg (9.58%), Vitamin E: 1.22mg (8.14%), Calcium: 71.11mg (7.11%), Copper: 0.14mg (7.07%), Vitamin B2: 0.11mg (6.65%), Phosphorus: 62.81mg (6.28%), Fiber: 1.47g (5.87%), Vitamin B6: 0.12mg (5.86%), Zinc: 0.53mg (3.55%), Vitamin B1: 0.05mg (3.23%), Vitamin B3: 0.46mg (2.28%)