



## Saba's Shrimp Sandwiches

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 anaheim chile peppers stemmed seeded chopped
- 0.3 teaspoon pepper black
- 8 ounce bread split french toasted cut into 4 pieces, and
- 0.5 bunch cilantro leaves fresh chopped
- 3 cloves garlic coarsely chopped
- 2 tablespoons juice of lemon
- 3 tablespoons olive oil
- 1 teaspoon lawry's seasoned salt (such as LAWRY'S®)

1 pound shrimp deveined uncooked peeled

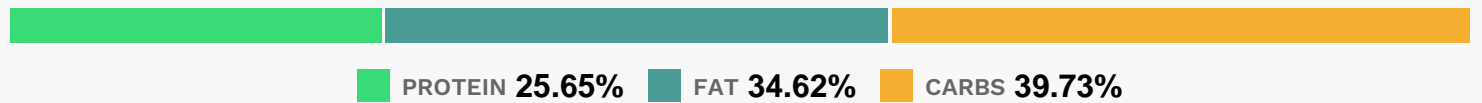
## Equipment

frying pan

## Directions

- Heat the olive oil in a skillet over medium heat. Stir in the garlic; cook and stir until the garlic has turned golden, about 2 minutes. Stir in the chopped chile peppers, and cook for 1 to 2 minutes more.
- Add the shrimp and cook until they are bright pink on the outside and the meat is no longer transparent in the center, about 3 to 5 minutes.
- Stir in the lemon juice, seasoned salt, black pepper, and cilantro, and cook for another minute to incorporate the flavors. Pile the shrimp onto the toasted French bread and serve. Use any liquid remaining in the skillet as dip for the sandwiches, or pour over it the sandwiches before serving.

## Nutrition Facts



## Properties

Glycemic Index:43.63, Glycemic Load:22.91, Inflammation Score:-5, Nutrition Score:16.559565264246%

## 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: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 340.66kcal (17.03%), Fat: 13.06g (20.09%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 33.71g (11.24%), Net Carbohydrates: 31.4g (11.42%), Sugar: 3.77g (4.19%), Cholesterol: 142.88mg (47.63%), Sodium: 1658.92mg (72.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.76g (43.52%), Selenium: 50.13µg (71.61%), Phosphorus: 340.95mg (34.09%), Vitamin B1: 0.43mg (28.82%), Vitamin B3: 4.78mg (23.92%), Folate: 93.49µg (23.37%), Vitamin E: 3.17mg (21.12%), Vitamin B12: 1.26µg (20.98%), Manganese: 0.39mg (19.51%), Vitamin B2:

0.26mg (15.56%), Copper: 0.3mg (15.24%), Iron: 2.59mg (14.41%), Vitamin B6: 0.28mg (13.82%), Zinc: 1.73mg (11.52%), Magnesium: 44.59mg (11.15%), Vitamin K: 10.4µg (9.91%), Calcium: 96.93mg (9.69%), Fiber: 2.3g (9.2%), Vitamin C: 7.23mg (8.77%), Potassium: 218.32mg (6.24%), Vitamin B5: 0.57mg (5.72%), Vitamin A: 272.93IU (5.46%)