



Salt-and-Pepper Shrimp

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cilantro leaves roughly chopped
- ☐ 4 cloves garlic chopped
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.5 teaspoon and peppercorns white green black red
- ☐ 2 teaspoons salt divided
- ☐ 2 pounds shrimp

Equipment

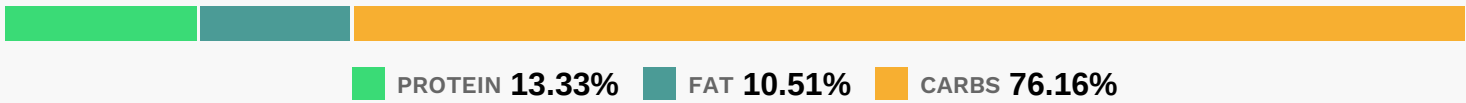
- ☐ bowl

- ☐ frying pan
- ☐ pot
- ☐ ziploc bags
- ☐ wok
- ☐ rolling pin
- ☐ mortar and pestle

Directions

- ☐ Put peppercorns in a mortar and crush roughly with a pestle. Or put peppercorns in a large resealable plastic bag, spread out on a hard, flat surface, and crush with the bottom of a heavy frying pan or rolling pin.
- ☐ Put shrimp, half of the crushed peppercorns, and 1 tsp. salt in a large bowl and toss to coat shrimp evenly. Set aside.
- ☐ Heat a wok or large (not nonstick) pot over high heat.
- ☐ Add oil, garlic, remaining crushed peppercorns, and remaining 1 tsp. salt and cook, stirring constantly, until fragrant, about 1 minute.
- ☐ Add shrimp and cook, stirring constantly, until pink and cooked through, 3 to 4 minutes.
- ☐ Add cilantro, turn off heat, and toss to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:45.62, Inflammation Score:-5, Nutrition Score:16.606521642726%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 606.71kcal (30.34%), Fat: 6.99g (10.75%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 113.89g (37.96%), Net Carbohydrates: 108.85g (39.58%), Sugar: 4.08g (4.54%), Cholesterol: 0mg (0%), Sodium: 785.87mg (34.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.94g (39.88%), Selenium: 95.88µg (136.98%), Manganese: 1.48mg (74%), Phosphorus: 290.68mg (29.07%), Copper: 0.45mg (22.72%), Magnesium: 81.97mg (20.49%), Fiber: 5.05g (20.19%), Zinc: 2.18mg (14.5%), Vitamin B3: 2.62mg (13.09%), Vitamin B6: 0.24mg (12.23%), Iron: 2.09mg (11.61%), Potassium: 364.12mg (10.4%), Vitamin B1: 0.14mg (9.48%), Vitamin K: 9.08µg (8.65%), Folate: 28.99µg (7.25%), Vitamin B5: 0.68mg (6.84%), Vitamin E: 0.97mg (6.47%), Vitamin B2: 0.1mg (5.76%), Calcium: 39.26mg (3.93%), Vitamin A: 182.13IU (3.64%), Vitamin C: 1.34mg (1.63%)