



## Salt and Pepper–Spiced Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



310 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon five–spice powder
- 1 teaspoon pepper black freshly ground
- 2 teaspoons cooking oil
- 0.5 teaspoon sea salt
- 0.5 pound shrimp in shells deveined

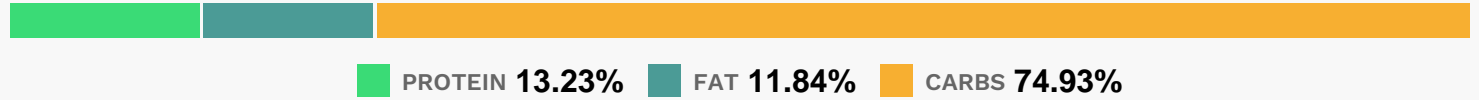
### Equipment

- frying pan

## Directions

- Combine 1/2 pound deveined large shrimp in shells, 1 teaspoon five-spice powder, 1 teaspoon freshly ground black pepper, and 1/2 teaspoon sea salt; toss well.
- Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat; saut shrimp until cooked through (about 4 minutes).

## Nutrition Facts



## Properties

Glycemic Index:26.33, Glycemic Load:22.8, Inflammation Score:-3, Nutrition Score:9.4330435110175%

## Nutrients (% of daily need)

Calories: 310.21kcal (15.51%), Fat: 4.04g (6.22%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 57.54g (19.18%), Net Carbohydrates: 54.76g (19.91%), Sugar: 2.02g (2.25%), Cholesterol: 0mg (0%), Sodium: 392.46mg (17.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.16g (20.32%), Selenium: 47.88µg (68.4%), Manganese: 0.81mg (40.5%), Phosphorus: 149.8mg (14.98%), Copper: 0.24mg (11.99%), Fiber: 2.78g (11.13%), Magnesium: 43.48mg (10.87%), Iron: 1.54mg (8.58%), Zinc: 1.15mg (7.64%), Vitamin B3: 1.33mg (6.67%), Vitamin B6: 0.12mg (5.9%), Potassium: 196.74mg (5.62%), Vitamin B1: 0.07mg (4.89%), Vitamin E: 0.56mg (3.71%), Folate: 13.85µg (3.46%), Vitamin B5: 0.35mg (3.46%), Vitamin B2: 0.05mg (2.97%), Vitamin K: 3.07µg (2.92%), Calcium: 27.68mg (2.77%)