



Sautéed Jumbo Shrimp with Sweet Peppers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 garlic clove sliced
- ☐ 1 tablespoon wildflower honey
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil divided
- ☐ 1 onion halved thinly sliced
- ☐ 6 orange baby peppers sweet red yellow quartered cut into pieces

- ☐ 1 tablespoon sherry vinegar
- ☐ 0.5 teaspoon paprika smoked

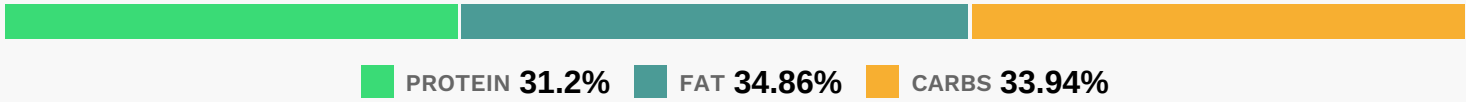
Equipment

- ☐ frying pan
- ☐ stove

Directions

- ☐ Heat 1 tablespoon oil in a large, heavy skillet over medium-high heat.
- ☐ Add shrimp; cook 1 minute on each side or until almost fully cooked.
- ☐ Transfer shrimp to a plate.
- ☐ Return skillet to stovetop over medium heat, and add remaining 1 tablespoon oil.
- ☐ Add sweet peppers and next 4 ingredients. Cook, stirring occasionally, 6 to 8 minutes or until onion is translucent and peppers are tender. Stir in paprika, honey, vinegar, and 1 tablespoon water. Return shrimp to pan; cook 1 minute or until heated through.

Nutrition Facts



Properties

Glycemic Index:47.07, Glycemic Load:5.16, Inflammation Score:-10, Nutrition Score:24.627826265667%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 218.61kcal (10.93%), Fat: 8.75g (13.46%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 19.16g (6.39%), Net Carbohydrates: 14.8g (5.38%), Sugar: 13.01g (14.45%), Cholesterol: 142.88mg (47.63%), Sodium: 941.73mg (40.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.62g (35.23%), Vitamin C: 230.8mg (279.75%), Vitamin A: 5917.39IU (118.35%), Selenium: 34.05µg (48.65%), Vitamin B6: 0.75mg (37.56%), Vitamin E: 5.41mg (36.04%),

Phosphorus: 333.72mg (33.37%), Folate: 109.15µg (27.29%), Vitamin B12: 1.26µg (20.98%), Vitamin B3: 3.83mg (19.17%), Fiber: 4.36g (17.44%), Potassium: 559.62mg (15.99%), Manganese: 0.31mg (15.37%), Vitamin K: 13.83µg (13.17%), Copper: 0.26mg (12.78%), Magnesium: 50.23mg (12.56%), Zinc: 1.63mg (10.85%), Vitamin B2: 0.18mg (10.72%), Vitamin B5: 0.97mg (9.67%), Vitamin B1: 0.13mg (8.95%), Calcium: 83.33mg (8.33%), Iron: 1.22mg (6.79%)