



Sautéed Shrimp with Sherry and Chiles

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 4 garlic cloves thinly sliced
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 0.3 cup orange juice fresh
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 2 teaspoons paprika
- ☐ 1 cup poblano chile chopped (1 large)

- ☐ 0.5 teaspoon salt
- ☐ 1 large shallots thinly sliced
- ☐ 1 cup cooking sherry
- ☐ 1.5 pounds shrimp deveined peeled

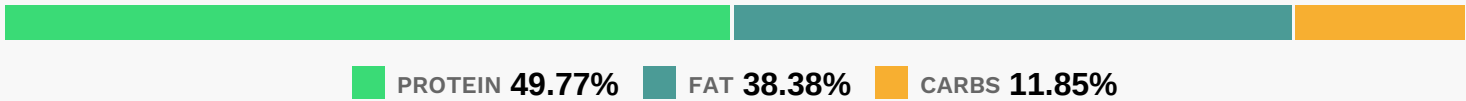
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add poblano chile and next 3 ingredients (through shallot); saut for 30 seconds, stirring frequently.
- ☐ Add shrimp and paprika; saut for 4 minutes or until shrimp are done, stirring frequently.
- ☐ Remove shrimp mixture from pan.
- ☐ Add sherry and orange juice to pan. Boil, and simmer 3 minutes or until slightly thick. Stir in butter, oregano, and red pepper. Return shrimp to pan; cook 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:1.75, Inflammation Score:-9, Nutrition Score:13.049130339337%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 320.26kcal (16.01%), Fat: 12.11g (18.63%), Saturated Fat: 4.57g (28.55%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 6.56g (2.39%), Sugar: 3.46g (3.85%), Cholesterol: 288.91mg (96.3%), Sodium: 546.79mg (23.77%), Alcohol: 6.18g (100%), Alcohol %: 2.55% (100%), Protein: 35.34g (70.68%), Vitamin C: 39.17mg (47.48%), Phosphorus: 400.28mg (40.03%), Copper: 0.73mg (36.49%), Magnesium: 78.52mg (19.63%), Potassium: 663.53mg (18.96%), Vitamin A: 895.14IU (17.9%), Zinc: 2.56mg (17.04%), Manganese: 0.32mg (16.18%), Calcium: 152.01mg (15.2%), Vitamin K: 15.47µg (14.73%), Iron: 2.06mg (11.42%), Vitamin E: 1.63mg (10.9%), Vitamin B6: 0.22mg (10.78%), Fiber: 1.85g (7.4%), Folate: 14.89µg (3.72%), Vitamin B1: 0.05mg (3.61%), Vitamin B2: 0.05mg (3%), Vitamin B3: 0.52mg (2.58%), Vitamin B5: 0.17mg (1.75%), Selenium: 0.79µg (1.13%)