



Seared Shrimp with Thai Cocktail Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 cup bottled chili sauce such as Heinz
- ☐ 4 teaspoons mint leaves fresh chopped
- ☐ 1 pound shrimp deveined peeled
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 2 teaspoons vegetable oil
- ☐ 1.3 teaspoons sambal oelek fresh divided ground chile paste

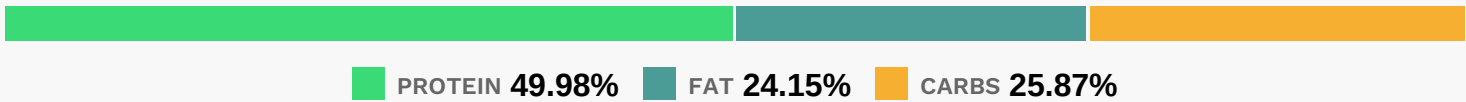
Equipment

☐ frying pan

Directions

- ☐ Combine first 4 ingredients; stir in 1 teaspoon sambal oelek.
- ☐ Combine remaining 1/4 teaspoon sambal oelek, black pepper, and shrimp, tossing gently to coat.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add shrimp; cook 2 1/2 minutes on each side or until done.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:13.37565198152%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 178.91kcal (8.95%), Fat: 4.68g (7.2%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 10.11g (3.67%), Sugar: 6.32g (7.02%), Cholesterol: 190.51mg (63.5%), Sodium: 1466mg (63.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.8g (43.59%), Selenium: 45.29µg (64.7%), Phosphorus: 394.13mg (39.41%), Vitamin B12: 1.68µg (27.97%), Vitamin E: 3.13mg (20.84%), Vitamin B3: 3.46mg (17.28%), Copper: 0.34mg (16.96%), Vitamin B6: 0.32mg (16.08%), Vitamin A: 592.14IU (11.84%), Vitamin C: 9.05mg (10.97%), Zinc: 1.55mg (10.32%), Potassium: 351.89mg (10.05%), Magnesium: 39.42mg (9.86%), Calcium: 92.45mg (9.25%), Folate: 33.74µg (8.44%), Vitamin K: 8.5µg (8.09%), Vitamin B1: 0.07mg (4.94%), Vitamin B5: 0.47mg (4.75%), Fiber: 1.18g (4.71%), Iron: 0.72mg (3.99%), Vitamin B2: 0.06mg (3.36%), Manganese: 0.06mg (2.82%), Vitamin D: 0.15µg (1.01%)