



Seaside Shrimp



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bottled caesar dressing
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves pressed
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon pepper freshly ground
- ☐ 2 pounds shrimp raw peeled ()

Equipment

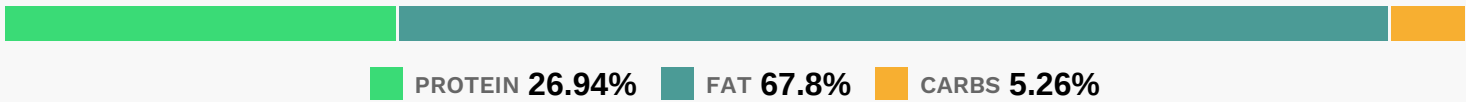
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Place all ingredients in a 13- x 9-inch baking dish, tossing to coat.
- ☐ Bake 18 minutes or just until shrimp turn pink, stirring after 9 minutes.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:11.956956544648%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 244.04kcal (12.2%), Fat: 18.16g (27.93%), Saturated Fat: 2.72g (17%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 2.85g (1.04%), Sugar: 0.98g (1.09%), Cholesterol: 154.34mg (51.45%), Sodium: 998.65mg (43.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.23g (32.46%), Vitamin K: 62.4µg (59.43%), Selenium: 34.16µg (48.81%), Phosphorus: 285.96mg (28.6%), Vitamin B12: 1.27µg (21.13%), Vitamin E: 2.92mg (19.49%), Copper: 0.22mg (10.99%), Vitamin B3: 2.07mg (10.36%), Vitamin B6: 0.2mg (10.23%), Calcium: 81.45mg (8.14%), Zinc: 1.17mg (7.8%), Vitamin A: 377.27IU (7.55%), Magnesium: 27.69mg (6.92%), Folate: 25.8µg (6.45%), Vitamin C: 5.08mg (6.16%), Manganese: 0.09mg (4.64%), Potassium: 162.22mg (4.63%), Vitamin B5: 0.4mg (4.01%), Iron: 0.72mg (3.97%), Vitamin B1: 0.03mg (2.06%), Vitamin B2: 0.02mg (1.42%), Fiber: 0.32g (1.27%)