



Seasoned Shrimp



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 0.5 cup fish stock
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons seafood seasoning
- ☐ 1 pound shrimp deveined peeled

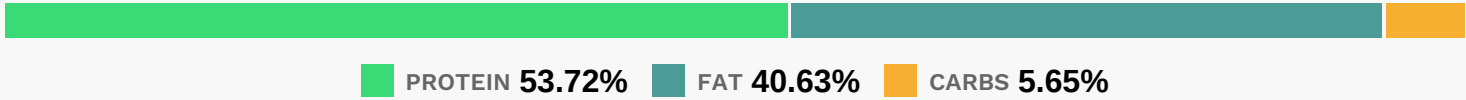
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a large heavy saucepan over high heat.
- ☐ Add shrimp, and cook 1 minute. Stir in stock, seasoning, and lemon juice. Simmer 1 to 2 minutes or until shrimp are just cooked through.
- ☐ Drain; chill.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.3891304397713%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 86.32kcal (4.32%), Fat: 3.97g (6.11%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.24g (0.26%), Cholesterol: 91.29mg (30.43%), Sodium: 116.31mg (5.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.82g (23.65%), Phosphorus: 128.23mg (12.82%), Copper: 0.24mg (11.96%), Vitamin K: 10.58µg (10.08%), Magnesium: 22.69mg (5.67%), Zinc: 0.81mg (5.4%), Calcium: 51.28mg (5.13%), Potassium: 177.49mg (5.07%), Manganese: 0.09mg (4.41%), Vitamin E: 0.66mg (4.4%), Iron: 0.69mg (3.81%), Vitamin C: 3.07mg (3.72%), Vitamin B3: 0.25mg (1.23%)