



Shrimp and Papaya with Fresh Herbs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cooking wine dry white
- 1 tablespoon basil fresh chopped
- 1 tablespoon chives fresh chopped
- 1 tablespoon juice of lemon fresh
- 1 tablespoon butter
- 0.5 cup papaya diced peeled
- 0.1 teaspoon pepper
- 0.1 teaspoon salt

- 0.3 cup shallots minced
- 0.8 pound shrimp deveined peeled
- 0.5 teaspoon worcestershire sauce

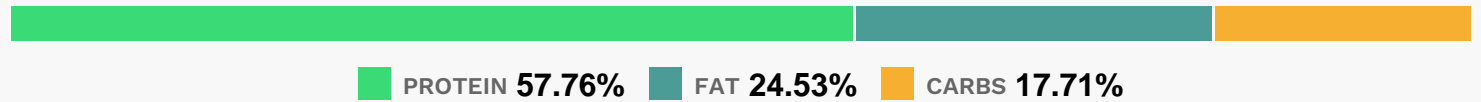
Equipment

- frying pan

Directions

- Combine the first 4 ingredients. Melt the margarine in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add shrimp mixture; saute 3 minutes.
- Remove shrimp from skillet. Set aside; keep warm.
- Add minced shallots to skillet; stir-fry 1 minute.
- Add papaya, basil, and chives, and stir-fry 30 seconds. Stir in wine and Worcestershire sauce. Bring to a boil; cook 2 minutes, stirring occasionally. Return shrimp to skillet; stir-fry 30 seconds or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:125.38, Glycemic Load:3.27, Inflammation Score:-7, Nutrition Score:11.02478267544%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 267.85kcal (13.39%), Fat: 6.66g (10.25%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 10.83g (3.61%), Net Carbohydrates: 9.18g (3.34%), Sugar: 5.82g (6.47%), Cholesterol: 273.86mg (91.29%), Sodium: 441.8mg (19.21%), Alcohol: 4.12g (100%), Alcohol %: 1.78% (100%), Protein: 35.3g (70.61%), Phosphorus: 397.19mg (39.72%), Copper: 0.72mg (36.03%), Vitamin C: 27.84mg (33.75%), Magnesium: 79.44mg (19.86%), Potassium: 671.68mg (19.19%), Zinc: 2.5mg (16.66%), Vitamin A: 704.44IU (14.09%), Calcium: 138.35mg (13.84%), Manganese: 0.24mg (11.88%), Iron: 1.59mg (8.83%), Vitamin K: 8.87µg (8.45%), Vitamin B6: 0.14mg (7.17%), Folate: 27.37µg (6.84%), Fiber: 1.65g (6.6%), Vitamin E: 0.36mg (2.39%), Vitamin B1: 0.03mg (2.2%), Vitamin B5: 0.19mg (1.95%), Vitamin B2: 0.03mg (1.75%), Vitamin B3: 0.27mg (1.33%)