



Shrimp Charmoula

 Gluten Free  Dairy Free

READY IN



4500 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons flat parsley chopped
- 1 garlic clove minced
- 2 teaspoons honey
- 1 small leek white green finely chopped (and pale parts only)
- 0.5 cup juice of lemon fresh
- 0.5 teaspoon lemon zest grated
- 6 tablespoons olive oil extra virgin extra-virgin divided
- 1 serrano chiles fresh seeded finely chopped

- 1 cup shallots finely chopped
- 1 pound shrimp (deveined peeled per pound), , leaving tail fan attached, and
- 0.1 teaspoon paprika smoked
- 0.3 teaspoon paprika sweet
- 0.1 teaspoon turmeric

Equipment

- bowl
- frying pan
- pot

Directions

- Cook shrimp in a large pot of boiling water until just cooked through, 1 to 2 minutes.
- Drain and cool.
- Cook shallots in 2 tablespoons oil in a heavy medium skillet over medium-low heat, stirring frequently, until very tender, about 8 minutes.
- Meanwhile, wash leek and pat dry.
- Add leek, garlic, and chile (if using) to shallots and cook, stirring frequently, until softened, 4 to 5 minutes.
- Add paprikas and turmeric and cook, stirring, 2 minutes.
- Remove from heat and stir in lemon zest and juice, honey, parsley, 1/2 teaspoon salt, and remaining 1/4 cup oil.
- Toss shrimp with sauce in a glass or ceramic bowl and marinate, covered and chilled, at least 8 hours. Season with salt and serve in sauce.
- Cape Mentelle Margaret River Chardonnay '05
- Shrimp can be marinated up to 1 day.

Nutrition Facts



Properties

Glycemic Index:52.82, Glycemic Load:4.9, Inflammation Score:-8, Nutrition Score:13.371304537939%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 358.72kcal (17.94%), Fat: 21.83g (33.59%), Saturated Fat: 3.05g (19.09%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 16.11g (5.86%), Sugar: 9.28g (10.31%), Cholesterol: 182.57mg (60.86%), Sodium: 148.92mg (6.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.89g (49.78%), Vitamin K: 56.72µg (54.02%), Phosphorus: 292.22mg (29.22%), Vitamin C: 23.13mg (28.04%), Copper: 0.54mg (26.87%), Vitamin E: 3.38mg (22.54%), Manganese: 0.35mg (17.5%), Potassium: 595.33mg (17.01%), Magnesium: 62.25mg (15.56%), Vitamin B6: 0.29mg (14.75%), Vitamin A: 650.18IU (13%), Zinc: 1.85mg (12.34%), Iron: 2.14mg (11.89%), Calcium: 115mg (11.5%), Folate: 44.08µg (11.02%), Fiber: 2.63g (10.54%), Vitamin B1: 0.06mg (4.07%), Vitamin B5: 0.27mg (2.66%), Vitamin B2: 0.03mg (1.83%), Selenium: 1.12µg (1.6%), Vitamin B3: 0.32mg (1.58%)