



Shrimp in Adobo

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ancho chili pepper dried stemmed
- 0.3 cup apple cider vinegar
- 4 garlic clove
- 0.5 teaspoon ground cumin
- 2 teaspoons kosher salt plus more for seasoning
- 0.5 teaspoon oregano dried
- 2 pounds shrimp wild deveined uncooked peeled cut into 1/4" pieces
- 0.5 teaspoon sugar

Equipment

- bowl
- frying pan
- baking sheet
- blender
- broiler
- kitchen scissors

Directions

- Heat a large dry cast-iron skillet over medium-high heat.
- Add chiles; toast, turning often, until just fragrant, about 1 minute.
- Let cool.
- Using kitchen scissors and working over a medium bowl, cut chiles into 1" rings, reserving seeds. Cover chiles with 1/2 cup hot water; let soak, stirring occasionally, for 10 minutes.
- Transfer chiles with seeds and soaking liquid to a blender.
- Add garlic, vinegar, 2 teaspoons salt, oregano, cumin, and sugar and purée until a smooth, thick paste forms.
- Transfer adobo paste to a large bowl; add shrimp and toss until evenly coated.
- Preheat broiler.
- Place shrimp on a rimmed baking sheet in an even layer. Broil, watching closely and stirring halfway through, until shrimp are just cooked through and are browned in spots, 4-5 minutes. Season with salt.

Nutrition Facts



Properties

Glycemic Index:25.02, Glycemic Load:0.46, Inflammation Score:-10, Nutrition Score:25.016956443372%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 228.17kcal (11.41%), Fat: 3.62g (5.56%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 27.1g (9.03%), Net Carbohydrates: 16.93g (6.16%), Sugar: 14.77g (16.42%), Cholesterol: 190.51mg (63.5%), Sodium: 1663.95mg (72.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.45g (48.91%), Vitamin A: 9548.09IU (190.96%), Selenium: 46.29µg (66.13%), Phosphorus: 429.51mg (42.95%), Fiber: 10.18g (40.7%), Vitamin K: 39.4µg (37.53%), Vitamin B3: 5.75mg (28.76%), Vitamin B12: 1.68µg (27.97%), Vitamin B6: 0.55mg (27.71%), Vitamin B2: 0.45mg (26.36%), Potassium: 845.89mg (24.17%), Vitamin E: 3.13mg (20.88%), Manganese: 0.41mg (20.27%), Copper: 0.36mg (18.24%), Magnesium: 66.14mg (16.54%), Iron: 2.66mg (14.8%), Vitamin C: 11.63mg (14.1%), Zinc: 1.87mg (12.44%), Folate: 47.05µg (11.76%), Calcium: 106.41mg (10.64%), Vitamin B5: 0.82mg (8.17%), Vitamin B1: 0.06mg (4.26%), Vitamin D: 0.15µg (1.01%)