



## Shrimp in Garlic Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 bay leaf
- ☐ 3 tablespoons cooking sherry dry
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 4 cloves garlic cut into thin slices
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon red-pepper flakes dried

- ☐ 1.3 teaspoons salt
- ☐ 2 pounds shrimp   shelled

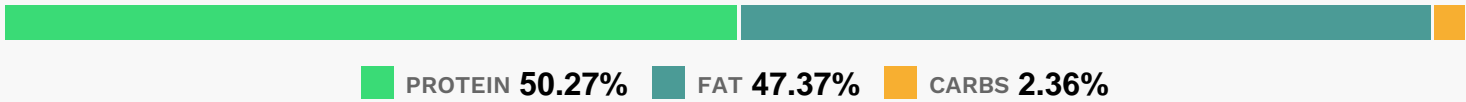
## Equipment

- ☐ frying pan

## Directions

- ☐ In a large frying pan, heat the oil over moderate heat.
- ☐ Add the garlic, bay leaf, and red-pepper flakes and cook for 3 minutes, stirring occasionally.
- ☐ Add the shrimp, salt, and black pepper to the pan and stir to combine. Cook, stirring occasionally, until the shrimp are just done, 4 to 5 minutes. Stir in the sherry, lemon juice, and parsley.
- ☐ Fish Alternatives: Squid would be delicious with the garlic sauce. Cook it quickly (for about two minutes), or it will become tough and rubbery. Sea scallops are another alternative; cook them for about two minutes per side, without stirring, so they brown nicely.
- ☐ Deveining Shrimp
- ☐ Dark shrimp veins are usually removed for aesthetic purposes. We find that it's not essential to take them out, especially if you're pressed for time.
- ☐ Wine Recommendation: Bold Mediterranean flavors welcome an easygoing wine such as a dry ros from Spain or the south of France. If you prefer a wine with a bit more sweetness, try a white zinfandel from California.

## Nutrition Facts



## Properties

Glycemic Index:27.25, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:12.484782680221%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 0.15mg, Naringenin: 0.15mg,

Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg  
Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg,  
Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg  
Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 369.07kcal (18.45%), Fat: 19.24g (29.6%), Saturated Fat: 2.73g (17.05%), Carbohydrates: 2.15g (0.72%),  
Net Carbohydrates: 1.89g (0.69%), Sugar: 0.36g (0.4%), Cholesterol: 365.14mg (121.71%), Sodium: 1001.87mg  
(43.56%), Alcohol: 1.16g (100%), Alcohol %: 0.54% (100%), Protein: 45.93g (91.86%), Vitamin K: 60.47µg (57.59%),  
Phosphorus: 494.9mg (49.49%), Copper: 0.91mg (45.27%), Magnesium: 83.65mg (20.91%), Zinc: 3.13mg (20.89%),  
Potassium: 647.67mg (18.5%), Vitamin E: 2.68mg (17.85%), Calcium: 157.99mg (15.8%), Vitamin C: 7.84mg (9.5%),  
Iron: 1.6mg (8.91%), Manganese: 0.17mg (8.29%), Vitamin A: 292.73IU (5.85%), Vitamin B6: 0.05mg (2.62%), Folate:  
6.36µg (1.59%), Fiber: 0.27g (1.06%)